

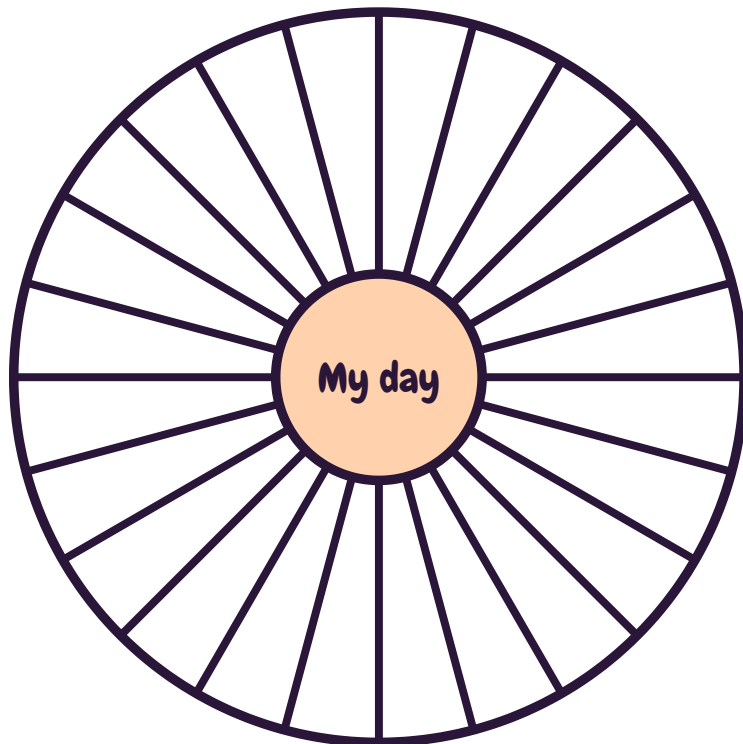
Balance My Day

How do you spend your day? Color the wheel and see!

Name: _____ Date: _____



Color one slice for each hour (24 slices)



Color key (pick a color for each)

- | | |
|---------------------------------------|----------------------------------|
| ☐ Sleep | ☐ School |
| ☐ Play outside | ☐ Screens |
| ☐ Family time | ☐ Eating |
| ☐ Reading | ☐ Other |

I'd like more time for...

I could take time from...
