

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Time Tracker

**Directions:** Use this chart to keep track of your homework habits: where you do it, how many breaks you take, what you do during your breaks (go on Facebook? chat or text? watch television? get a drink of water or a snack? go for a walk? do some chores? browse the Internet?), and whether you get your assignments done.

Location	Homework Start Time	Subject/Assignment	Break Start Time	Break Activity	Break End Time	Homework End Time	Assignment Complete?
							<input type="checkbox"/> Yes <input type="checkbox"/> No
							<input type="checkbox"/> Yes <input type="checkbox"/> No
							<input type="checkbox"/> Yes <input type="checkbox"/> No
							<input type="checkbox"/> Yes <input type="checkbox"/> No
							<input type="checkbox"/> Yes <input type="checkbox"/> No
							<input type="checkbox"/> Yes <input type="checkbox"/> No
							<input type="checkbox"/> Yes <input type="checkbox"/> No

## Reflection Questions:

1. What was competing with homework for your attention? Were you multitasking? What distractions were present as you worked? Were any of them under your control? Did you try to minimize them?
2. Describe your state of mind while working. Were you focused? Alert? Tired? Bored? Motivated? Rushed?
3. How well are your homework and study habits working for you? Did you complete all of your assignments? How well? Could you have done better? Could you work or study more efficiently or effectively?

