

TIME WHEEL ACTIVITY

Estimate how much time you spend in each of the following categories on a given day. Fill in the blank with the number of hours or minutes that correspond to each category. Reflect on how you are spending your time and if you are getting enough sleep and unstructured time. [Research](#) shows that teens need 8-10 hours of sleep per night and [PDF](#) (Playtime, Downtime, and Family Time) every day for healthy development.

