

## Sample daily Leisure Time Analysis sheets

A Daily Log of Time Analysis

ACTIVITY	Existence	Subsistence	Leisure A)Social (1.2.3) B)Environment (1.2.3) C)Energy (1.2.3) D)Engagement (1.2.3) E) Purpose (1.2.3)	TIME
<b>Wednesday, September 27</b>				
Getting ready for school	X			8:00-9:15am
Class		X		9:15-10:40
Coffee & talking			A2, B2, C2, D1, E1	10:40-11:00
Homework		X		11:00-12:00
Lunch	X			12:00-12:30
Homework		X		12:30-1:00pm
Class		X		1:00-2:25
Nap	X			2:30-3:15
Homework		X		3:15-3:45
Class		X		3:45-6:45
Dinner	X			6:45-7:10
Social Media			A1, B1, C1, D1, E1	7:10-7:40
Homework		X		7:40-10:00
Work		X		10:00-10:30
Homework		X		10:30-11:00
Work		X		11:00-11:30
Getting ready for bed	X			11:30-12:00
Sleep	X			12:00-9:00am

<b>Thursday, September 28</b>				
Getting ready for school	X			8:30-9:30am
Tea & talking			A2, B2, C2, D1, E1	9:30-10:00am
Class		X		10:00-11:00
Work (Mars' Hill)		X		11:00-11:30
Work (Writing Centre)		X		11:30-1:00pm
Verge conference talk			A3 B2 C1 D2 E3	1:00-2:25
Class		X		2:35-5:15pm
Hang out with friends			A2, B2, C1, D1, E1	5:15-6:15
Dinner	X			6:15-6:45
Alone time			A1, B2, C1, D1, E1	6:45-7:30
Walk			A1, B3, C2, D2, E3	7:30-8:00
Homework		X		8:00-9:00
Women's ministry			A3, B2, C1, D2, E3	9:00-10:00
Homework		X		10:00-10:30
Getting ready for bed	X			10:30-11:00
Sleep	X			11:00-9:30

ACTIVITY  <b>Friday, September 29</b>	Existence	Subsistence	Leisure A)Social (1.2.3) B)Environment (1.2.3) C)Energy (1.2.3) D)Engagement (1.2.3) E) Purpose (1.2.3)	TIME
Getting ready for the day	X			9:30-10:30
Homework		X		10:30-11
Chapel			A3, B2, C1, D2, E3	11:00-11:30
Work (writing centre)		X		11:30-2:00
Lunch	X			
Verge conference session			A3, B2, C1, D2, E3	2:45-4:45
Reading & writing			A1, B2, C1, D3, E3	4:45-6:15
Dinner	X			6:15-6:45
Work		X		6:45-8:45
Hanging out with friends			A3, B2, C1, D2, E1	8:45-10:45
11:07 show			A3, B2, C1, D1, E1	10:45-1:00am
Getting ready for bed	X			1:00-1:15am
Sleep	X			1:15-8:30
<b>Saturday, September 30</b>				
Getting ready for the day	X			8:30-9:15
Work		X		9:15-9:45
Homework		X		9:45-12:30

Lunch	X			12:30-1:00
Homework		X		1:00-5:00
Social Media			A1, B1, C1, D1, E1	5:00-6:00
Dinner	X			6:00-6:30
Nap	X			6:30-7:30
Homework		X		7:30-11:00
Netflix			A1, B1, C1, D1, E1	11:00-11:30
Sleep	X			11:30-7:25

ACTIVITY  <b>Sunday, October 1</b>	Existence	Subsistence	Leisure A)Social (1.2.3) B)Environment (1.2.3) C)Energy (1.2.3) D)Engagement (1.2.3) E) Purpose (1.2.3)	TIME
Getting ready for church	X			7:20-8:00
Driving there		X		8:00-8:30
Church			A3, B2, C1, D2, E3	8:30-9:45
Driving home		X		9:45-10:15
Homework		X		10:15-12:30
Lunch	X			12:30-1:00
Homework		X		1:00-4:15
Playing music			A1, B2, C1, D2, E1	4:15-4:45
Grocery shopping		X		4:45-6:00
Dinner	X			6:00-6:30
Homework		X		6:30-7:30
Calling my parents			A3, B1, C1, D2, E1	7:30-8:15
SNA			A3, B2, C1, D2, E3	8:15-8:45
Homework		X		8:45-10:45
Fort week (watching do-do)			A3, B3, C2, D1, E1	10:45-11:30
Getting ready for bed	X			11:30-12:00
Sleep	X			12:00-8:00
<b>Monday, October 2</b>				

Getting ready for school	X			8:00-9:15
class		X		9:15-10:50
chapel			A3, B2, C1, D2, E3	10:50-11:30
lunch	X			11:30-12:00
Transforming the lounge (fort week)			A2, B2, C2, D2, E1	12:00-12:30
Homework		X		12:30-1:00
Class		X		1:00-2:30
Relax			A1, B1, C1, D1, E1	2:30-3:00
Work (Writing centre)		X		3:00-4:30
Homework		X		4:30-5:00
Work meeting		X		5:00-6:00
Dinner	X			6:00-6:45
Homework		X		6:45-8:45
Fort Week intro			A3, B2, C2, D2, E1	8:45-9:45
Homework		X		9:45-11:30
Fort Week challenges			A3, B2, C2, D2, E1	11:30-1:15
Getting ready for bed	X			1:15am-1:30
Sleep	X			1:30am-8:00

ACTIVITY  Tuesday, October 3	Existence	Subsistence	Leisure A)Social (1.2.3) B)Environment (1.2.3) C)Energy (1.2.3) D)Engagement (1.2.3) E) Purpose (1.2.3)	TIME
Getting ready for school	X			8:00-9:00
Homework		X		9:00-10:00
Coffee and walk			A2, B3, C2, D2, E1	10:00-10:15
Homework		X		10:15-11:00
Social media			A1, B1, C1, D1, E1	11:00-11:30
Class		X		11:30-2:30
Lunch	X			2:30-3:00
Homework		X		3:00-5:00
Hanging out with a friend			A2, B2, C1, D1, E3	5:00-5:45
Dinner	X			5:45-6:30
Talking to friends			A3, B2, C1, D1, E1	6:30-7:00
Homework		X		7:00-9:00
Fort Week			A3, B3, C3, D2, E1	9:00-11:30
Getting ready for bed	X			11:30-12:00
Sleep	X			11:50-8:20



B. Weekly Tabulation of Time Usage

Activity			Total Time	Percentage of time
1. Existence – Sleep, eat, hygiene, etc..			4545 mins	44.93%
2.Subsistence- Work,school, chores, etc..			3865 mins	38.82%
3. Leisure-			1705 mins	16.86%
	<b>A. Social</b>			<b>Out of 100%</b>
		1.Individual	315 mins	18.48%
		2.Intimate	200 mins	11.73%
		3.Social	1190 mins	69.98%
	<b>B. Environment</b>			<b>Out of 100%</b>
		1. Digital	225 mins	13.2%
		2. Non Digital	1240 mins	72.73%
		3. Natural	240 mins	14.08%
	<b>C. Energy</b>			<b>Out of 100%</b>
		1.Passive	1200 mins	70.38%
		2.Minimally Active	335 mins	19.65%
		3.Very Active	150 mins	8.8%
	<b>D Engagement</b>			<b>Out of 100%</b>
		1. Inattentive	590 mins	34.6%
		2. Attentive	1025 mins	60.12%
		3. Flow	90 mins	5.28%

	E. Purpose			Out of 100%
		1.Hedonic	1115 mins	65.4%
		2.Mastery	0 mins	0%
		3. Existential	590 mins	34.6%