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ONLINE ACTIVITY

ONLINE ACTIVITY 2.5 - TIME MANAGEMENT & SCHEDULING OF DAILY ACTIVITIES – HOME WORK

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ONLINE ACTIVITY

ACTIVITY 2.5 HOMEWORK TO DO



STEP BY STEP GUIDE

1. TAKE THE SCHEDULE YOU HAVE FILLED IN DURING ONE WEEK



2. CHOSE ONE OF THE ACTIVITIES IN YOUR DAILY SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
12:00							
13:00							
14:00							



ONLINE ACTIVITY

ACTIVITY 2.5 HOMEWORK TO DO



STEP BY STEP GUIDE

3. DESCRIBE THE ACTIVITY USING THE DOCUMENT WHICH CAN BE DOWNLOADED [HERE](#)

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2.5 Time Estimation Sheet

Choose one activity from your daily log

Name of the activity: _____

Estimated Time Needed to Complete: _____

Steps:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Actual Time Needed to Complete: _____

Is there a difference (circle Yes or No) YES NO

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Sheet_2_5_Time Estimation Sheet



ONLINE ACTIVITY

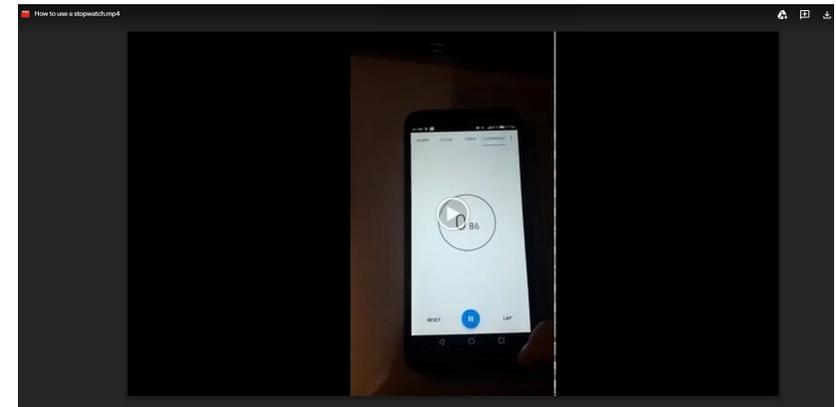
ACTIVITY 2.5 HOMEWORK TO DO



STEP BY STEP GUIDE

4. LEARN TO USE THE STOPWATCH ON YOUR MOBILE PHONE

USING THIS [VIDEO](#)





ONLINE ACTIVITY

ACTIVITY 2.5 HOMEWORK TO DO



STEP BY STEP GUIDE

5. USE THE STOPWATCH TO SEE HOW MUCH TIME YOU REALLY NEED TO PERFORM THE ACTIVITY
5. FILL THE REST OF THE DOCUMENT

