

PLAYtime Tracker

Week of _____

(Record hours in boxes below)

Category	M	T	W	T	F	S	Total	Average*	Goal
Pray									
Learn									
Act									
Youthify									
Total PLAY									
Everything Else									
Total Awake									
Rest									
Total									

* Calculate the average by dividing the weekly total in each category by 6. Round up or down to the nearest half hour. The initial weekly average can be used as your daily baseline. Select a goal for each category based on how you would like to spend your time in the upcoming week.