## Daily Routine Worksheet

One of the biggest challenges in life in general, is finding time for all the things we want to do. The goal of this worksheet, is to help you find and schedule time time learn a language.

## Part A - Finding time

Please think of all the "in between times" and tasks that don't require much thinking in your daily life and write them in on the chart below.

| Activity | Average minutes spent per day |
| :--- | :---: |
| Commuting to work or school | minutes |
| Household chores (ex. washing the dishes, cooking, cleaning ...) | minutes |
| Breaks at work | minutes |
| Shopping | minutes |
| Waiting (ex. for the bus, doctor, next meeting/class to start) | minutes |
|  | minutes |
|  | minutes |
|  | minutes |
|  | Average total per day: |

## Part B - Activities that could be converted

Please think of all the language related activities you do on a daily basis in your native language which you could potentially do in the language you are learning and write them in the chart below.

| Activity | Average minutes spent per day |
| :--- | :---: |
| Reading (of any kind: book, newspaper, online, etc) | minutes |
| Watching television or movies | minutes |
| Listening to music | minutes |
| Playing video games | minutes |
|  | minutes |
|  | minutes |
|  | Average total per day: |

Natural Language Learning (Without a Teacher) - by David Snopek

## Part C - Your daily routine

Once you've created your method and found some time you can use to do it - you can build a chart of your daily routine.
Please complete the chart below with the activity, time and length.

| Activity | Time and length <br> Weekday |  |
| :--- | :--- | :--- |
| Example: Review flashcards | Wefore work (8:00am) <br> 10 mins | Morning (10:00am) <br> 10 mins |
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