

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 to 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
	minutes
Average total per day:	minutes

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
	minutes
	minutes
Average total per day:	minutes

