

Estimates Versus Actual

We all estimate how long activities will take us to finish. This can help us figure out what is reasonable to be able to complete during specific time frames.

Estimate how long each of the following activities may take you today...then after you have completed the activity, write down how long it actually took:

| Activity | Estimated Time | Actual Time |
|--------------------------------|----------------|-------------|
| Morning preparation for school | minutes | minutes |
| Travel to school | minutes | minutes |
| Getting settled into class | minutes | minutes |
| Getting out materials in class | minutes | minutes |
| Organizing your binder | minutes | minutes |
| Eating lunch | minutes | minutes |
| Writing down homework | minutes | minutes |
| Changing clothes for job | minutes | minutes |
| Putting away materials at job | minutes | minutes |