



# 7th grade



## My Life Today

1. How many hours of daily study did I do on average last year? How many do I expect to do this year?
2. How many hours do I currently spend each week:  
TV/Internet/Video games/Phone/Music: \_\_\_\_\_  
Study: \_\_\_\_\_  
Time with family: \_\_\_\_\_  
Time with friends: \_\_\_\_\_  
Extracurriculars: \_\_\_\_\_
3. How many hours of sleep do I get each night? How many do I want to get each night during the upcoming year?
4. What are my hobbies?
5. What extracurriculars do I plan to join this year?
6. During the last year...
  - what books have I read?
  
  
  
  
  
  
  
  
  
  
  - what musical groups have I enjoyed the most?
  
  
  
  
  
  
  
  
  
  
  - what movies have I seen?