**IT TAKES AS LONG AS IT TAKES**

# **Record your predictions for how long it takes to complete each task. Then, time yourself to see how long each task actually takes.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **TASK** | **Predicted Time** | **Starting Time** | **Ending Time** | **Actual Time** |
| Bathing, grooming, and dressing for the day |  |  |  |  |
| Preparing and eating a meal |  |  |  |  |
| Walking around your block |  |  |  |  |
| Cleaning up your workspace |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |
|  |  |  |  |  |

# 