



## The Skills Hub

### Life activities

Activities	My estimate	Actual time taken 1	Actual time taken 2
Getting ready for university in the morning			
Travelling from home to class/lectures			
Cooking			
Eating lunch			
Travelling from university to home			
Shopping for food and other essentials			
Eating dinner			
Talking to friends and family			
Getting ready for bed			
Sleeping			
Other activity			
Other activity			
Other activity			