



Timeless Time Checkers Lab Group: Time flies when you are having fun!...Does it? Time Perception Data Sheet

Choose the same **five** activities each day for **three days** to test your perception of time. You will need a stopwatch/clock to time the length of time you spend on each activity.

1. Start the stopwatch or write down the time when you begin the activity, turn the timer/clock over so you cannot see the time while you are doing the activity.
2. When you have finished your activity, BEFORE looking at actual time, quickly write down the amount of time you think the activity took you to complete.
3. Stop the stopwatch or look at the clock and note the time.
4. Determine the difference between the actual time to complete the activity and your perceived time.
5. Was the time you perceived it took to complete the activity an **overestimate** or **underestimate** of the actual time?

Do this for 3 days. When you have completed recording your data, please go to the data submission [link](#) and report your results with SARSEF's Timeless Time Counters! Thank you

Please print the data sheets on the following pages for your research!

Day One

Activity Category	Describe the Specific Activity	Actual Time	Perceived Time	Difference – in seconds/minutes	Was your perception over or under the actual time?	Rate 1-5 How much you enjoyed the activity With 1= Boring/Dull 5= Enjoyable/Entertaining
EXAMPLE: Eating	snack	2 minutes, 30 seconds	1 minute, 45 seconds	45 seconds	under	4
Eating						
Reading						
Exercising Inside/outside						
Cleaning						
Screen Time for Enjoyment/Fun						
School Work (Estimate for 1 assignment)						
Outside Activity						
Family Time						
Hobby Time						

Day Two

Activity Category	Describe the Specific Activity	Actual Time	Perceived Time	Difference – in seconds/minutes	Was your perception over or under the actual time?	Rate 1-5 How much you enjoyed the activity With 1= Boring/Dull 5= Enjoyable/Entertaining
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Outside Activity						
Family Time						
Hobby Time						

Day Three

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