

TIMESHEET INSTRUCTIONS Please Read

 Enter your name and your Employee ID number at the top of the page

2. Enter your start time, end time and your unpaid meal period for each day you worked. Meal periods

1.0 = 1 hour 0.5 = 30 minutes

3. Calculate your total hours by subtracting your unpaid meal period from your total number of hours.
(Example: 8:30am - 4:30pm = 8 hours. Subtract 30 minutes unpaid meal period = 7.5 hours)

 Once you have completed your timesheet, please submit to your supervisor and obtain their signature.

5. Upload to the signed timesheet to the specified location in the bi-weekly email labelled:

LastName_FirstName_Timesheet_StartDate-EndDate



HEALTH SCIENCES Biochemistry &

Biomedical Sciences

Biweekly Time Sheet



Department:	Biochemistry & Biomedical Sciences			Please submit biweekly time sheet to dropbox:
Employee (print):		4	1.ENTER NAME Here	
Employee #		4	ENTER EMPLOYEE NUMBER HERE	Deadline: 5pm on

WEEK 1	Day	Date	Start Time	End Time	Unpaid Meal Period Enter 1.0 hour or 0.5 hour	Total Hours (Less unpaid meal period)				
	Sunday				2. ENTER LUNCH HOUR HERE ↓ (1.0 = 1 HOUR ↓ 0.5 = 30 MINS)					
	Monday									
	Tuesday									
	Wednesday									
	Thursday									
	Friday									
	Saturday					3. CALCULATE TOTAL HOURS HERE (MINUS UNPAID MEAL PERIOD)				
	Weekly Total:									
WEEK 2	Day	Date	Start Time	End Time	Unpaid Meal Period Enter 1.0 hour or 0.5 hour	Total Hours (Less unpaid meal period)				
	Sunday									
	Monday									
	Tuesday									
	Wednesday									
	Thursday									
	Friday									
	Saturday									
	Weekly Total:									

