“Where Does Your Time Go?”

Number of hours of sleep each night................................................................. ___ x 7 = ___

Number of hours spent grooming each day (bathing, getting dressed, doing your hair, etc.)... ___ x 7 = ___

Number of hours for meals/snacks, including preparation/clean-up time ................ ___ x 7 = ___

Number of hours per day using the computer for leisure or watching TV............... ___ x 7 = ___

Travel time to and from campus........................................................................... ___

Number of hours in class per week........................................................................ ___

Number of hours of work per week including travel............................................. ___

Number of hours per week for regular activities (meetings, volunteering, sports/fitness, church, etc...) ....... ___

Number of hours per week of errands (shopping, appointments, banking, etc) ......................... ___

Number of hours per week with friends, social parties, going out, etc...................... ___

**Total hours of activities** = ___

**Total hours in a week** = **168.0**

minus **total hours of activities** = ___

**Total hours available for study** = ___

*Original source unknown. Adapted by the Student Learning Commons, Simon Fraser University, 2006.*