

“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 _____ x _____ = _____
- 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.