

“WHERE DOES TIME GO?”



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

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

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

Travel time to and from campus..... _____ x _____ = _____

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

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

Number of hours of work per week (incl. travel)..... _____

Number of hours in class per week _____

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

Number of hours per day using the computer (for leisure use, gaming, etc.) or
watching TV _____ x 7 = _____

Total hours of activities = _____

168.0 hours in a week

- _____ your total hours of activities

= _____ **HOURS LEFT TO STUDY IN A WEEK, after all your activities.**