Where Does Your Time Go?

How Many Hours in a **Day** do you Spend...

Sleeping (Including Naps)? □ □ x7 = □ □ /week

Getting Ready/Grooming? □ □ x7 = □ □ /week

Meals (Including Preparation and Clean-up)? □ □ x7 = □ □ /week

Commuting? □ □ x7 = □ □ /week

Running Errands? □ □ x7 = □ □ /week

How Many Hours in a **Week** do you Spend...

Extra-Curricular Activities (Working Out, Student Organizations, Church, etc.)? □ □

Working? □ □

Hanging with Friends, Going Out, Watching TV, etc.? □ □

Total Time Occupied Weekly: □ □
Where Does Your Time Go?

There are 168 total hours in a week.

Take your Total Time Occupied Weekly, and subtract it from 168.

How much time do you have left?

This will tell you how many hours you have remaining to study, since it is not one of the activities listed above!