

Time Management Activity

FILL THIS OUT FOR YOUR **BUSIEST** SEMESTER

School Activities	Average Hours/ Week
School (5 days x 7 hours)	35
<i>Course Title</i>	
English:	
Social Studies:	
Math:	
Science:	
Language:	
Electives:	
total school hours:	

Extra-Curricular Activities	Average Hours/ Week
Paid Job	
Hobbies / Interests	
Community Service	
Sports/exercise	
Music / Performances	
total extra-curricular hours:	

Daily Living Activities	Average Hours/ Week
Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Personal time	
Social time with friends	
total daily living hours:	

Total Hours	Available Hours/Week
School Hours = _____ Extra-Curricular Hours = _____ Daily Living Hours = _____ your total hours: vs.	Maximum Hours 168