Lay it All Out

Sometimes being able to see your whole schedule helps you put your time commitments into perspective. Use this worksheet once, a few times, or every week to better understand where your time is going. Fill in the left-hand column with the hours during which you're active. Don't forget to budget ample time for sleep!

	Mon	Tues	Weds	Thurs	Fri	Sat	Sun

Courtesy of Grinnell College Academic Advising Office, Forum Basement