

Time Survey: How You Spend Your Time

This should give you an idea of how much time you have available to study, and just to take time and relax for yourself. In some cases, you'll notice that you had more free time than you thought, and can think of new and exciting ways to fill it. In others, you may realize that you have a time deficit (i.e. are spending more than 168 hours a week doing "stuff") – that's probably a good sign that you should cut down on your weekly obligations for a more healthy, productive lifestyle.

Hours of sleep needed each night (not how many you usually get, how many you need; should be 6-9):	_____ x7=	
Hours of grooming (showering, getting ready, etc.) each day:	_____ x7=	
Hours for meals each day (provide time for 3 meals/day even if you don't eat them all)	_____ x7 =	
Total travel time each week (include times to get home on weekends, if you go home)	=	
Hours per week of scheduled activities (church, clubs, sports, etc.)	=	
Hours for chores, errands, etc. per week	=	
Hours of work per week	=	
Hours in class per week	=	
Total hours in a week		168
Total hours already used		-
Total hours still available for study, social, etc.		<input type="text"/>