Putting Things in Perspective. Where is Your Time Going?

1. **Calculate the amount of time spent in each activity.**
   - Number of hours of sleep you get each night multiplied by 7 =
   - Number of grooming hours per day multiplied by 7 =
   - Number of hours for consumption and preparation of meals/snacks per day multiplied by 7 =
   - Total travel time each weekday multiplied by 5 =
   - Total travel time on weekends =
   - Number of hours per week for regularly scheduled functions (clubs, church, get-togethers, etc.) =
   - Number of hours per day for chores, errands multiplied by 7 =
   - Number of hours of work/internship per week =
   - Number of hours in class per week =
   - Average number of hours per week socializing, TV, web surfing, etc. Be honest! =

2. **Now add up your totals.**

3. **Subtract your total from 168.**

4. **The remaining hours represent the time you have allowed for studying.**

(SOURCE: Unknown)