

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)