Putting Things Into Perspective

Where is your time going?

1. Number of hours of sleep each night
   ______ X 7 = ______

2. Number of grooming hours per day
   ______ X 7 = ______

3. Number of hours for meals/snacks per day – include preparation time
   ______ X 7 = ______

4. Total travel time each weekday
   ______ X 5 = ______

5. Total travel time on weekends
   ______

6. Number of hours per week for regularly scheduled functions (clubs, church, get-togethers, etc.)
   ______

7. Number of hours per day for chores, errands, extra grooming, etc.
   ______ X 7 = ______

8. Number of hours of work/internship per week
   ______

9. Number of hours in class per week
   ______

10. Number of average hours per week socializing, dates, TV, web surfing, etc. Be honest!
    ______

Now add up the totals:

______

Subtract your total from 168

168 – ______ = ______

The remaining hours are the hours you have allowed yourself to study.

(SOURCE: Unknown)