"WHERE DOES TIME GO?" Worksheet

Number of hours of sleep each night .... _____ x 7 = _____

Number of hours spent grooming each day .... _____ x 7 = _____

Number of hours for meals/snacks, including
preparation/clean-up time .... _____ x 7 = _____

Travel time to and from campus .... _____ x 5 = _____

Number of hours per week for regular activities
(chapter meetings, leadership/service activities,
intramurals, church, etc.) .... _____

Number of hours per day of errands, etc.................... _____ x 7 = _____

Number of hours of work per week .... _____

Number of hours in class per week .... _____

Number of hours per week with friends, social
parties, going out, watching tv, etc...................................... _____

.... Total = _____

168.0 hours in a week

- _____ hours of activities

= _____ hours to study

Example

Number of hours of sleep each night .... 8 x 7 = 56

Number of hours spent grooming each day .... 1 x 7 = 7

Number of hours for meals/snacks, including
preparation/clean-up time .... 3 x 7 = 21

Travel time to and from campus .... 30 min. x 5 = 2.5

Number of hours per week for regular activities
(chapter meetings, leadership/service activities,
intramurals, church, etc.) 6

Number of hours per day of errands, etc.................... 1 x 7 = 7

Number of hours of work per week 15

Number of hours in class per week 15

Number of hours per week with friends, social
parties, going out, watching tv, etc............................... 10

.... Total = 139.5

168.0 hours in a week

- 139.5 hours of activities

= 28.5 hours to study