"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