"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
WHERE DOES TIME GO?  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