

There are 168 hours in every week. Use the chart below to record how you use the 168 hours of your typical week.

1. Fill in all the class sessions you are taking this semester.
2. How many hours a week do you spend working at a job? Fill in the hours you work, on or off campus.
3. Fill in your commuting time to and from school and commuting time for work.
4. What other obligations do you have?

Add in the time you spend doing the following activities:

* Sleeping each night: how many hours of sleep do you need to feel well-rested? Your brain needs time to consolidate what you learned during the day
* Eating breakfast, lunch, dinner, snacks: your brain and body require fuel
* Tending to family responsibilities, such as preparing meals, taking care of children or elders, or other tasks
* Shopping: consider food, and other regular shopping, errands
* Attending to medical conditions that require regular monitoring
* Spending time on religious practice
* Do you spend time on something not yet mentioned? Record other regular activities you do each week, such as:
  + Playing sports, working out, brisk walking
  + Socializing and hanging out with friends
  + Playing computer games, checking social media

|  | **SUNDAY** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** | **SATURDAY** |
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