

Evaluating Your Time

On average, how many hours per day do you spend	Weekdays	Weekends	Hours per Week
1. Sleeping?	_____ (x5)	_____ (x2)	
2. Exercising or enjoying hobbies?	_____ (x 5)	_____ (x 2)	
3. At your job?	_____ (x 5)	_____ (x 2)	
4. Preparing and eating meals?	_____ (x 5)	_____ (x 2)	
5. Showering, dressing, etc.?	_____ (x 5)	_____ (x 2)	
6. Cleaning, doing laundry and other household chores?	_____ (x 5)	_____ (x 2)	
7. Watching TV, surfing the net, relaxing?	_____ (x 5)	_____ (x 2)	
8. Socializing with friends and family?	_____ (x 5)	_____ (x 2)	
9. Getting to and from class, work, etc.?	_____ (x 5)	_____ (x 2)	
10. Studying?	_____ (x 5)	_____ (x 2)	
Total hours per week of routine and study			

How many hours are in a week? _____

How realistic is this schedule? _____

Where can you make changes?