“Where Does the Time Go?” Worksheet

Self-Assessment Exercise: Estimate the number of hours you spend on each activity:

Number of hours of sleep each night

Number of hours spent grooming each day

Number of hours for meals/snacks
   (including preparation/clean-up time)

Number of hours per day of errands, travel, etc.

Number of hours of TV and computer per day

Number of hours spent with family per day

Number of hours of work per week

Number of hours per week spent socializing
   (parties, going out, etc.)

Number of hours per week for regular activities
   (children's events, exercising, church, clubs, etc.)

168.0 hours in a week

Total = ____

- ______ hours of activities

= ______ hours to study

These estimations allow you to calculate the approximate amount of time you have to study during the week. Is there enough? Do you need to reorganize your time to allow for more/less study time during the week.