

Name: _____ Advisors: _____

*note: estimate the number of hours/week you give to each activity listed now.

**note: anticipate the number of hours/week you predict you will give to each activity next year.

Personal/Life Activities	Average hrs/week*	Predicted hrs/week**
Sleep (Ideally: 7 days x 9 hours per night = 63 hours)		
Necessities (eating, showering, chores, etc.)		
Family Time		
Free Time (friends, tv, phone, internet, video games, etc.)		
Commute to/from school		
TOTAL Personal/Life Activities Hours		

Extra-curricular Activities	Average hrs/week*	Predicted hrs/week**
Paid Job		
Hobbies/Interests		
Community Service		
Sports		
Music/Performances		
Other (specify):		
Applying to college (if rising senior)	4	
TOTAL Extra-curricular Activities Hours		

School	Average hrs/week*	Predicted hrs/week**
Attending classes (5 days x 7 hours)	35	
English HW		
Math HW		
History HW		
Science HW		
Language HW		
Electives HW		
TOTAL School Hours		

Turn over for final calculation...

TOTAL Hours:

Totals from previous page	Average hours/week* right now	Predicted hours/week** for next year
Total Hours Personal/Life Activities		
Total Hours Extra-curricular Activities		
Total Hours for School		
Total hours/week=		

Note: There are a maximum of 168 hours in one week.
How do your total numbers compare to 168 hours?

Comment below: