

TIME MANAGEMENT

Activity	Hours
Sleep (calculate 7 hours/night)	49
Attending class	
Studying (calculate 2 hours per credit hour per week per class)	
Work	
Eating/meal prep (calculate about 30 minutes for breakfast, 1 hour each for lunch and dinner per day)	17.5
Socializing	
Social media	
Exercising	
Video games/TV	
Other activities	
Other activities	
Total Hours	
Total Hours Available per week	168
Total Hours in excess or deficit	

Did you run out of time?

Where can you make changes?