**Taking Stock of Your Time**

This flyer helps you track the number of hours you spend in different activities each week and can help you see how much time you have left for studying.

(There are 168 hours in a week.)

Number of hours you spend in your classes and labs each week \_\_\_\_\_

Amount of time walking to and from class \_\_\_\_\_

# of hours spent working in a job each week (incl. work study) \_\_\_\_\_

# of hours you sleep in a 24-hour span of time x 7 \_\_\_\_\_

# of hours you spend exercising each week \_\_\_\_\_

Amount of time you spend on personal hygiene/grooming \_\_\_\_\_

# of hours eating meals \_\_\_\_\_

# of hours running errands \_\_\_\_\_

Amount of time you spend each week on extracurricular activities \_\_\_\_\_

(Organizations, athletics, clubs, other commitments)

# of hours per week at get-togethers, parties, hanging out \_\_\_\_\_

# of hours per week you spend watching TV \_\_\_\_\_

# of hours per week spent on social network sites, texting, \_\_\_\_\_

talking on the phone, emailing, playing video games, etc.

Other time commitments \_\_\_\_\_

TOTAL NUMBER OF HOURS \_\_\_\_\_

*(Subtract this number from 168 to calculate the # of hours left for study time.)*

**Number of Hours left for Study Time** \_\_\_\_\_