How Do You Spend Your Time?

Activity	Hours Per Day	Hours Per Week (*7)
Class Time	**********	
Sleep (How much do you need to perform at your peak?)		
Eating (cooking, eating, clean-up, etc.)		
Personal Time (bathing, dressing, etc.)		
Working		
In Transit		
Studying		
Exercising		
Socializing		
Volunteering		
Student Organizations		
Other “Musts”		
Total		

Class Time _____

Study Time _____

Total Academic Time _____