

The following survey asks about the amount of time you spend on various activities.

1 Estimate the amount of time spent daily or weekly for each item.

3 Add the numbers to get a grand total of time spent during the week.

2 Use the multiplier to get a weekly total for that activity.

4 Subtract this number from 168 (total number of hours per week)

1. Number of hours of sleep each night (x7) _____
2. Number of grooming hours per day (x7) _____
3. Number of hours for meals/snacks per day including prep time (x7) _____
4. Number of hours for travel time per weekday (x5) _____
5. Number of hours for travel time per weekend _____
6. Number of hours per week for reoccurring events (ex. clubs) _____
7. Number of hours per day for chores, errands, etc. (x7) _____
8. Number of hours at work per week _____
9. Number of hours in class per week _____
10. Number of average hours per day for socializing, dates, etc. (x7) _____

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Add up totals: _____

Subtract total from 168- _____ = _____

The remaining hours are the hours you have allowed yourself to study and work on projects! Is there enough time to study and complete assignments/projects? Make an appointment with the Center for Experience and Growth to talk more about time management and tools that can be used to help you to be more successful.