

# 168 hours in a week...

*How do you spend your time? You're given 168 hours each week!*

*Do you make time for classes, homework, special activities, and yourself?*

*Take a few minutes to fill out this schedule.*

<b>Your Weekly Schedule</b>	<b>168 Hours</b>
Hours in class/ lab (usually 1 hour per credit)	_____
Hours spent in study/projects for class (usually 2-3 hours per credit)	_____
Hours spent sleeping ("average" of 7 nights, including week and weekend)	_____
Hours spent at work each week	_____
Commuting (if applicable)	_____
Preparing/ eating meals	_____
Working out/ intramurals/ health fitness	_____
Laundry/ cleaning	_____
Worship/ fellowship	_____
Volunteering/ community service	_____
Visiting family	_____
Socializing with friends	_____
Phone calls/ e-mail/ internet	_____
Internet games	_____
Watching TV/ movies	_____
Concerts/ clubs/ events/ shows	_____
Other _____	_____
Other _____	_____

**ADD your approximate hours. Then, subtract this from 168.**

<b>Sum of column:</b>	_____
<b>Subtract from 168:</b>	<b>-168</b>
<b>TIME REMAINING:</b>	_____

- 1) *Do you have time left over? \_\_\_\_\_  
Think about getting involved in campus activities or the community!*
- 2) *Have you used more than 168 hours? \_\_\_\_\_ How could you slow down?*
- 3) *Compare your time spent studying and engaged in "extra" activities.  
What benefits or risks do you see?*
- 4) *What could you try differently next week?*