How am I Spending My Time?

Self-Assessment Exercise: Estimate the number of hours you spend on each task.

Number of hours of sleep each night  ____x 7  =_____
Number of hours for meals (including prep and cleanup)  ____x 7  =_____
Number of hours per day spent on errands  ____x 7  =_____
Number of hours spent on morning and evening routines  ____x 7  =_____
Number of hours spent on leisure/recreational activities  ____x 7  =_____
Number of hours spent at work  ____x___ =_____
Travel time to and from work  ____x___ =_____
Number of hours per week for regular activities (Church, sports, etc.) =_____
Number of hours per week with family and friends =_____
Number of hours of class per week =_____

Total =_____

Number of Hours in a week = 168.0
Your total hours of activities =_____
**Hours left to study** =_____