

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.

Your Weekly Schedule

168 Hours

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/ email/ internet _____

Internet games _____

Watching TV/ movies _____

Concerts/ clubs/ events/ shows _____

Other _____

Other _____

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

Sum of Column _____

Subtract from 168 **-168**

Time Remaining _____

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?