

# Academic Success Time Budget Work Sheet

<b>Total number of hours available</b>	<b>168</b>
Minus hours in class per week	- _____
Minus hours of study time per week	- _____
Minus hours of sleep time/personal hygiene per week	- _____
Minus hours of committed time per week <i>(e.g. job, church, regular meetings)</i>	- _____
Minus hours of meal time per week <i>(include coffee stops!)</i>	- _____
Minus hours of exercise per week	- _____
Minus hours of family time per week	- _____
Minus hours of laundry, shopping, personal errands per week	- _____
Minus personal grooming hours per week <i>(showers, getting ready, trimming nose hairs, etc.)</i>	- _____
Minus hours of television per week	- _____
Minus hours of email, video games, etc. per week	- _____
Minus hours of other recreation per week <i>(movies, parties, etc.)</i>	- _____
Minus other (miscellaneous)	- _____
<b>Final Balance (+ or -)</b>	<div style="border: 1px solid black; background-color: #cccccc; width: 100px; height: 20px; margin: 0 auto;"></div>

Things to think about: ***Where did the time go???***

Is this an accurate estimation? Think back on the rest of the week closely...is this realistic? What would you like to spend more time doing? What would you like to spend less time doing? Do you want to change how you manage your time? How? Set a goal for making a change.