

Student Name _____

Grade _____

Counselor _____

Time Management Activity

Fill this out for your busiest semester

School/Homework	Average hours/week
School (5 days x 7 hours)	35
Course Title	
• English:	
• Social Studies:	
• Math:	
• Science:	
• Language:	
• Elective 1:	
• Elective 2:	
Total school hours:	

Extra-Curricular Activities (examples)	Average hours/week
Paid job	
Hobbies/ Interests	
Community Service	
Sports	
Music/ Performances	
Other:	
Total extra-curricular hours:	

Daily Living Activities	Average hours/week
Sleep (7 days x 8 hours)	56
Necessities (eating, showering, chores, etc.)	14 (min)
Family time/responsibilities	
Free time (friends, TV, phone, internet, video games, etc.)	
Total daily living hours:	

Total Hours	Available hours/week
School/Homework Hours = _____	Maximum Hours
Extra-Curricular Hours = _____	
Daily Living Hours = _____	
Your total hours <input type="text"/>	168
VS.	

 Parent Signature