## TIME SCHEDUING WORKSHEET

Estimate below the time you spend engaged
in these activities during a typical 7-day week

## SCHOOL

| School - in class time | 35 hrs |
| :--- | :---: |
| English homework |  |
| Math homework |  |
| History homework |  |
| World Language homework |  |
| Science homework |  |
| Elective homework |  |
|  |  |



EXTRACURRICULARS
TOTAL WEEKLY HOURS: $\qquad$

| Paid job |  |
| :--- | :--- |
| Community Service |  |
| Sports |  |
| Visual \& Performing Art |  |
| Non-school assigned homework (e.g., SAT prep) |  |
|  |  |



UNSTRUCTURED TIME
TOTAL WEEKLY HOURS: $\qquad$

| Playtime |  |
| :--- | :--- |
| Downtime |  |
| Family time |  |
|  |  |


$\qquad$

| Weekday sleep (8-10 hrs/night, says American Academy of Pediatrics) | 45 hrs |
| :--- | :---: |
| Weekend sleep | 18 hrs |

For the weekly total below, do not exceed 168 total hours per week.
School Total Extracurricular Total Unstructured Time Total

