

TIME SCHEDUING WORKSHEET

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

	SCHOOL	TOTAL WEEKLY HOURS:
	School - in class time	35 hrs
	English homework	
	Math homework	
	History homework	
	World Language homework	
	Science homework	
	Elective homework	
	EXTRACURRICULARS	TOTAL WEEKLY HOURS:
	Paid job	
WIY	Community Service	
	Sports	
	Visual & Performing Art	
	Non-school assigned homework (e.g., SAT pre	:р)
	UNSTRUCTURED TIME	TOTAL WEEKLY HOURS:
<i>(</i>)	Playtime	
	Downtime	
	Family time	
	SLEEP	TOTAL WEEKLY HOURS:



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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.

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School Total	Extracurricular Total	Unstructured Time Total	Sleep Total	Your Weekly Total