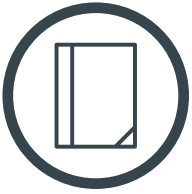


## TIME SCHEDULING WORKSHEET

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



### UNSTRUCTURED TIME

**TOTAL WEEKLY HOURS:** \_\_\_\_\_

Playtime	
Downtime	
Family time	



### SLEEP

**TOTAL WEEKLY HOURS:** \_\_\_\_\_

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.

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
<i>School Total</i>		<i>Extracurricular Total</i>		<i>Unstructured Time Total</i>		<i>Sleep Total</i>		<b>Your Weekly Total</b>