

168 HOURS IN A WEEK

This activity allows you to understand how you use your time each week. Everyone has the same amount of time and knowing how you choose to use your time will give you the power to change your behaviors.

- Step 1.** List the amount of time per week for each activity (arrive at a daily average and multiply by 7; account for weekend differences):
- a. Class time (# of hours in class each week) _____
 - b. Job/Work _____
 - c. Studying _____
 - d. Commuting/transportation time _____
 - e. Athletics (varsity sports and practice) _____
 - f. Extracurricular activities (clubs, SGA, church, etc.) _____
 - g. Family responsibilities (cleaning, cooking, shopping) _____
 - h. Sleeping _____
 - i. Eating _____
 - j. Personal hygiene (bathing, hair, make-up, etc.) _____

Step 2: Add together a-j for a SUBTOTAL = _____

Now subtract your subtotal from 168 for a TOTAL= _____

If the number in your TOTAL line is negative, you have committed more time than there is in a week. **YOU ARE IN TROUBLE.** If you have time left over, ask yourself what choices there are for your time. Do you have time for more sleep? Volunteering? Friends?