

<u>Column I:</u> List the amount of time you spend in weekly activities in hours		<u>Column II:</u> Multiply your recurring daily activities by five (weekdays) or seven (weekly) to estimate the number of hours you engage in these recurring activities in a week	
Class time	_____	Commuting/Travel time (multiplied by 5=)	_____
Study Time	_____	Meal preparation/eating (multiplied by 7=)	_____
Employment	_____	Personal care (multiplied by 7=)	_____
Family	_____	Sleep (multiplied by 7=)	_____
Exercise	_____		_____
Regularly scheduled functions	_____		_____
Socializing with friends	_____		
Leisure activities, clubs, hobbies, etc	_____		
Chores and Errands	_____		
Other	_____		
<b><u>Total A:</u></b>	_____	<b><u>Total B:</u></b>	_____
Total A + B = Total C: _____ hours			
There are 168 hours in a week. Subtract Total C from 168 = _____ Uncommitted hours (168 - total C)			