



168 Hours

Determine *on average* how much time you spend with each activity below in *one week*. For example, if you sleep an average of 7 hours per night, multiply by 7 days and subtract that number (49) from the total. Then go to the next item and do the same.

Note: some activities might fall in multiple categories. Be sure not to double count time spent if there is an overlap.

168 (# Hours in One Week)

- ___ Sleep
- ___ Eating
- ___ Class
- ___ Homework
- ___ Work
- ___ Student Leadership/Volunteer Activities
- ___ Friends/Family/Significant Other (face-to-face, phone, internet, etc.)
- ___ Spiritual Practices
- ___ Exercise
- ___ Personal care/grooming
- ___ Simple Pleasures: hobbies, reading, watching tv, movies, social activities, etc.
- ___ Cleaning, chores, shopping, etc.
- ___ Other _____

_____ **Total**

If your total is **GREATER** than 168: You are doing too much and are spreading yourself thin.

If your total is **EQUAL** to 168: You are coping and just getting by with all you are doing.

If you have **TIME LEFT**: You are living with a margin of time that can be held in reserve for contingencies, unanticipated situations, or other circumstances to be determined by you

