

How Do I Spend My Time?

Personal exercise:

Number of hours per week you need to sleep _____

Number of hours per week spent in class _____

Number of hours per week spent travelling _____

Number of hours per week used for meals _____

Number of hours per week used for personal grooming _____

Number of hours per week spent on household jobs _____

Number of hours per week spent for religion _____

Total number of hours for personal needs _____

7 days x 24 hours = 168 (Total hours per week)

Minus _____ (Total number of hours for personal needs =

Number of hours available for study and leisure _____