Time Management Worksheet

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| --- | --- |
| School Activities | Average Hours/Week |
| Classes | 23 (21 if taking six classes) |
| Community time, advisory, lunch | 9 |
| Homework: |  |
| English |  |
| History |  |
| Languages |  |
| Math |  |
| P. E. |  |
| Science |  |
| Other |  |
| Total school hours |  |
| Extracurricular Activities |  |
| Athletics |  |
| Performing Arts |  |
| Paid job |  |
| Community service |  |
| Hobbies and interests |  |
| Total extracurricular hours |  |
| Daily Living Activities |  |
| Sleep | 63 |
| Personal (eating, shower, chores, etc.) |  |
| Family Time |  |
| Free Time |  |
| Total daily living hours |  |
|  |  |
| Total Hours  School:  Extracurricular Activities:  Daily Living:  Your Total Hours: | Available Hours/Week  **Maximum Hours: 168** |

*Adapted from Miramonte High School, Acalanes School District, Orinda, CA*

*Via ChallengeSuccess,* [*http://www.challengesuccess.org/*](http://www.challengesuccess.org/)