# LAURA VANDERKAM — 168 HOURS TIME MANAGEMENT WORKSHEET

Project _____     Date _____

| | MONDAY | TUESDAY | WEDNESDAY | TUESDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|---|
| 5AM | | | | | | | |
| 5:30 | | | | | | | |
| 6:00 | | | | | | | |
| 6:30 | | | | | | | |
| 7:00 | Wake up, get ready | | Wake up, get ready | | Wake up, get ready | | |
| 7:30 | | Wake up, get ready | | Wake up, get ready | | | |
| 8:00 | Drive to school/ breakfeast | | Drive to school/ breakfeast | | Drive to school | | Wake up, get ready |
| 8:30 | | drive to school/ breakfeast | | drive to school/ breakfeast | | | |
| 9:00 | Basic Drawing | | Basic Drawing | | Basic Drawing | Wake up | Drive to church |
| 9:30 | | Web Technolodge | | Web Technolodge | | Breakfeast | Church |
| 10:00 | | | | | | cleaning my room and fixing things | |
| 10:30 | | | | | | | |
| 11:00 | | Technical writing | | Technical writing | | | |
| 11:30 | Homework | | Homework | | Drive back home | | |
| 12PM | Ethics and society | | Ethics and society | | Breakfeast | | Drive back home |
| 12:30 | | It-garnet | | It-garnet | | | Lunch |
| 1:00 | | | | | cleaning my room and fixing things | | |
| 1:30 | | | | | | | |
| 2:00 | Drive back home | | Drive back home | | relax/ personal time | | |
| 2:30 | Lunch | | Lunch | | | personal time | Homework |
| 3:00 | | | | | | | |

You Have More Time Than You Think - www.LauraVanderkam.com

# "168 Hours" Time Sheet

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| 3:30 | cleaning my room and fixing things | Drive back home | cleaning my room and fixing things | Drive back home | | | personal time |
| 4:00 | | Lunch | | Lunch | | | |
| 4:30 | Homework | | Homework | | | | |
| 5:00 | | Homework | | Homework | | | |
| 5:30 | | | | | | | Drive back home |
| 6:00 | | | | | | | Church |
| 6:30 | Drive to the gym | Drive to the gym | Church | Drive to the gym | Church | Drive to the gym | |
| 7:00 | Work out | Work out | | Work out | | Work out | |
| 7:30 | | | | | | | |
| 8:00 | | | | | | | Drive back home |
| 8:30 | Drive back home | Drive back home | Drive back home | Drive back home | Drive back home | Drive back home | personal time |
| 9:00 | Snack, Shower, and getting ready to go to sleep | Snack, Shower, and getting ready to go to sleep | Shower, and getting ready to go to sleep | Snack, Shower, and getting ready to go to sleep | personal time | personal time | |
| 9:30 | personal time | personal time | personal time | personal time | | | |
| 10:00 | | | | | | | |
| 10:30 | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12AM | | | | | | | |
| 12:30 | | | | | | | |
| 1:00 | | | | | | | |
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| 4:30 | | | | | | | |