

# LAURA VANDERKAM 168 HOURS TIME MANAGEMENT WORKSHEET

Project It's About Time Date Sep. 18th-24th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	had the urge to do	sleep	On Tiktok(TT)	sleep	sleep	On TT & IG	sleep
5:30	homework	sleep	On TT	sleep	sleep	On TT & IG, fell	sleep
6:00	homework	sleep	sleep	sleep	sleep	sleep	sleep
6:30	homework	sleep	sleep	sleep	sleep	sleep	sleep
7:00	homework and then	sleep	sleep	Alarm woke me up,	sleep	sleep	sleep
7:30	sleep	sleep	sleep	homework	sleep	sleep	sleep
8:00	sleep	sleep	sleep	homework	sleep	sleep	sleep
8:30	sleep	sleep	sleep	homework	sleep	sleep	sleep
9:00	sleep	sleep	sleep	homework	sleep	sleep	sleep
9:30	sleep	sleep	sleep	homework	sleep	sleep	sleep
10:00	sleep	sleep	sleep	Self-care routine,	sleep	sleep	sleep
10:30	sleep	sleep	sleep	Got ready for class	sleep	sleep	sleep
11:00	sleep	woke up, showered,	sleep	Got ready for class,	sleep	sleep	sleep
11:30	sleep	got ready for class	sleep	Headed to IT	sleep, woke up,	sleep	sleep
12PM	sleep	head to class,	sleep	Class	Spent another	sleep	woke up,
12:30	sleep	in class	sleep	Class	Drunk some tea,	sleep	Ate some
1:00	sleep	in class	sleep	Class	Ran errands with	sleep	watched tv
1:30	woke up and	in class	sleep	Class	Ran errands with	sleep	watched tv
2:00	Ate some wings and	in class	sleep	Class	Ran errands with	sleep	watched tv
2:30	watched a movie	in class	sleep, woke up and	Class	Ran errands with	sleep, woke up,	watched tv
3:00	watched a movie	After class, headed	Fixed some food,	Class ends, headed	Ran errands with	Watched Tv	watched tv
3:30	watched a movie	eat and watch tv	Ran errands with	Heated up some	We went out to	Watched Tv, ate	watched tv, went
4:00	watched a movie	watch tv and then	Ran errands with	Watched tv	We went out to	Watched Tv, took	at the beauty
4:30	watched Youtube	nap	Ran errands with	Watched tv and fell	We went out to	Got dressed to	got back to my
5:00	watched Youtube	nap	Applied for jobs	nap	We went out to	went to go see	did some laundry,
5:30	watched Youtube and	nap	Applied for jobs	nap	Went to my room,	at the movies	homework
6:00	nap	nap	Talked on the phone	nap	Watched TT	at the movies	homework
6:30	nap	nap	Talked on the phone	nap	Watched TT	at the movies	homework, took
7:00	nap	nap	Talked on the phone	nap	Watched TT	at the movies,	On TT & IG
7:30	nap	nap	Talked on the phone	nap	Fell asleep	got back to my	On TT & IG
8:00	woke up, attempted to	woke up and got on	homework	nap	nap	Scrolled on TT &	On TT & IG

"168 Hours" Time Sheet

8:30	homework	on my phone then	homework	nap	nap	Scrolled on TT &	On TT & IG
9:00	homework	attempt to do	Watched Youtube	nap	nap	Had a game	On TT & IG
9:30	took a break	attempt to do	Watched Youtube	nap, woke up, got on	Woke up,	game night	On TT & IG
10:00	took a break	Went to the store	Watched Youtube	on TT	attempted to do	game night	Resumed doing
10:30	took a break	Went to the store	Watched Youtube	on TT, started on	attempted to do	game night	homework
11:00	homework	Got back to the	Watched Youtube	homework	attempted to do	game night	homework
11:30	homework & talk on	Talked with my	Watched Youtube,	homework	homework	game night	homework
12AM	talk on the phone &	Showered, Layed in	On TT and IG	Game night with my	Watched Tv	game night	Watched a movie
12:30	watch tv	Layed in bed on TT	On IG	Game night with my	Watched Tv	game night	Watched a movie
1:00	watch tv	Layed in bed on TT	On IG	Game night with my	Watched Tv	went back to my	Watched a movie
1:30	on Tiktok(TT) &	Layed in bed on TT	On IG	Game night with my	Watched Tv	watched tv	Watched a
2:00	on TT & IG, watch tv	Layed in bed on TT	On IG	Game night with my	Watched Tv	watched tv	Watched
2:30	fixed food, ate &	Layed in bed on TT	Looked for hairstyles	Game night ended, I	Watched Tv, got	watched tv	Watched
3:00	on TT & IG/watch tv	Layed in bed on TT	Looked for hairstyles	Brushed teeth,	Watched Tv, got	watched tv, fell	Watched
3:30	on TT & IG, brushed	ate food, on TT	Looked for hairstyles,	Watched tv	Took a quick	sleep	Watched
4:00	on TT & IG	On TT	brushed teeth and	Watched tv	Watched TT & IG	sleep	Watched
4:30	on TT & IG, fell asleep	On TT	sleep	Watched tv, fell	Watched TT & IG	sleep	sleep