Fill in the table below to find out how many hours per day you spend on certain activities. Add the totals up of each column and then subtract from 168. This is how much time per week you have left for study.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Home duties/activities e.g. sleeping, eating, cooking, cleaning, showering, shopping |  |  |  |  |  |  |  |
| Travelling time e.g. to and from work/uni, children, shopping etc. |  |  |  |  |  |  |  |
| Attending university. All times spent at university |  |  |  |  |  |  |  |
| Paid/unpaid employment. All times at paid or voluntary work |  |  |  |  |  |  |  |
| Leisure/sport. All times in sporting activities, socialising, entertainment etc. |  |  |  |  |  |  |  |
| Hours left for study |  |  |  |  |  |  |  |
|  | Total hours left for study per week | | | | | |  |