

# Daily Routine of Students

## Time Management Survey for Students

Please answer the questions as accurately as possible. Your responses are completely anonymous and will only be used for research purposes.

*\* Indicates required question*

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1. Email \*

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2. Select your age group \*

*Mark only one oval.*

☐ 18-19

☐ 20-21

☐ 22-23

☐ 24-25

3. 1. How many hours do you sleep daily? \*

*Mark only one oval.*

☐ less than 4 hours

☐ 4-6 hours

☐ 6-8 hours

☐ 8+ hours

4. 2. At what time do you usually go to bed? \*

*Mark only one oval.*

- ☐ 8-10 pm
- ☐ 10-12 pm
- ☐ 12-2 am
- ☐ after 2 am

5. 3. At what time do you usually wake up? \*

*Mark only one oval.*

- ☐ 4-6 am
- ☐ 6-8 am
- ☐ 8-10 am
- ☐ after 10 am

6. 4. How many hours of sleep do you get during exam time? \*

*Mark only one oval.*

- ☐ less than 4 hours
- ☐ 4-6 hours
- ☐ 6-8 hours
- ☐ 8+ hours

7. 5. How many hours do you study daily? \*

*Mark only one oval.*

- ☐ 1-2 hours
- ☐ 2-4 hours
- ☐ 4-6 hours
- ☐ 6+ hours

8. 6. Do you follow a strict schedule, flexible schedule, or no schedule at all? \*

*Mark only one oval.*

- ☐ strict schedule
- ☐ flexible schedule
- ☐ no schedule

9. 7. How many hours do you spend in classes daily? \*

*Mark only one oval.*

- ☐ 1-3 hours
- ☐ 3-5 hours
- ☐ 5-7 hours
- ☐ 7-9 hours

10. 8. How many hours do you spend on assignments and homework daily? \*

*Mark only one oval.*

- ☐ less than 1 hour
- ☐ 1-2 hours
- ☐ 2-3 hours
- ☐ 3-4 hours

11. 9. How many hours do you spend on social media daily? \*

*Mark only one oval.*

- ☐ 1-2 hours
- ☐ 2-4 hours
- ☐ 4-6 hours
- ☐ more than 6 hours

12. 10. How many hours do you spend on hobbies or leisure activities daily? \*

*Mark only one oval.*

- ☐ less than 1 hour
- ☐ 1-2 hours
- ☐ 2-3 hours
- ☐ 3+ hours

13. 11. Do you participate in physical exercise or sports? \*

*Mark only one oval.*

- ☐ yes
- ☐ no
- ☐ sometimes

14. 12. If yes: How many hours do you spend on exercise or sports weekly?

*Mark only one oval.*

- ☐ 2-4 hours
- ☐ 4-6 hours
- ☐ 6-8 hours
- ☐ 8+ hours

15. 13. How often do you take breaks during study sessions? \*

*Mark only one oval.*

- ☐ every 30 minutes
- ☐ every hour
- ☐ rarely
- ☐ never

16. 14. How many hours do you spend on mental wellness activities (e.g., meditation, journaling) per week? \*

*Mark only one oval.*

- ☐ less than 2 hours
- ☐ 2-4 hours
- ☐ 4-6 hours
- ☐ 6+ hours

17. 15. At what time of day are you most productive? \*

*Mark only one oval.*

- ☐ morning
- ☐ afternoon
- ☐ evening
- ☐ night

18. 16. How much time do you spend on meals (breakfast, lunch, dinner) daily? \*

*Mark only one oval.*

- ☐ less than 30 minutes
- ☐ 30 minutes to 1 hour
- ☐ 1-2 hours
- ☐ 2+ hours

19. 17. Do you think you manage your time efficiently? \*

*Mark only one oval.*

- ☐ yes
- ☐ no

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