

Fill out the YELLOW fields for your busiest term

School Activities	Average Hours/Week
School days (5 days x 7 hours)	35
Homework: Nightly hours per course x # nights weekly x # courses	
Total School Hours:	

Extra-Curricular Activities	Average Hours/Week
Paid job	
Hobbies / Interests / Clubs	
Community service	
Sports	
Music / Performances	
Helping out at home (caring for a sibling or family member, chores, contributing to family income)	
Other obligations (driver's education, college applications, etc.)	
Total Extra-Curricular Hours	

Daily Living Activities	Average Hours/Week
Sleep (7 days x 9 hours recommended)	
Physical activity (1 hour recommended – don't include hours spent exercising for sports or PE if you've included them above)	
Necessities (eating, showering, etc.)	
Travel to/from school/home/other activities	
Family time	
Free time (friends, TV, etc.)	
Phone/social media	
Total Daily Living Hours	

TOTAL HOURS	
All Available Hours	168
(Subtract) Total School Hours	
(Subtract) Total Extra-Curricular Hours	
(Subtract) Daily Living Hours	
Total Available Hours	