

"168 Hours" Time Sheet

<div> <div>LAURA VANDERKAM</div> <div>168 HOURS TIME MANAGEMENT WORKSHEET</div> </div>							
Project ____ It's About Time _____					Date ____ Sep. 18th-24th _____		
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	had the urge to do some homework	sleep	On Tiktok(TT)	sleep	sleep	On TT & IG	sleep
5:30	homework	sleep	On TT	sleep	sleep	On TT & IG, fell asleep	sleep
6:00	homework	sleep	sleep	sleep	sleep	sleep	sleep
6:30	homework	sleep	sleep	sleep	sleep	sleep	sleep
7:00	homework and then fell asleep	sleep	sleep	Alarm woke me up, started on some homework	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, brushed teeth	sleep	sleep	sleep
10:30	sleep	sleep	sleep	Got ready for class	sleep	sleep	sleep
11:00	sleep	woke up, showered, brushed teeth, got ready for class	sleep	Got ready for class, ate an orange and drunk some cranberry juice	sleep	sleep	sleep
11:30	sleep	got ready for class	sleep	Headed to IT building and did some homework before class	sleep, woke up, stared at a wall for like 20-30 mins straight thinking about what I'm doing with my life	sleep	sleep
12PM	sleep	head to class, attend class	sleep	Class	Spent another 30mins thinking about what I was going to do that day and over the weekend	sleep	woke up, brushed teeth, took a shower

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12:30	sleep	in class	sleep	Class	Drunk some tea, ate an orange, then brushed my teeth	sleep	Ate some leftovers, checked my phone, watched tv
1:00	sleep	in class	sleep	Class	Ran errands with roommates	sleep	watched tv
1:30	woke up and showered	in class	sleep	Class	Ran errands with roommates	sleep	watched tv
2:00	Ate some wings and watched Tv	in class	sleep	Class	Ran errands with roommates	sleep	watched tv
2:30	watched a movie	in class	sleep, woke up and brushed teeth	Class	Ran errands with roommates	sleep, woke up, stared at wall, brushed teeth	watched tv
3:00	watched a movie	After class, headed to The Wow and got some food and went back to my dorm	Fixed some food, Ran errands with roommates	Class ends, headed to C-Store and got some food, went back to dorm	Ran errands with roommates	Watched Tv	watched tv
3:30	watched a movie	eat and watch tv	Ran errands with roommates	Heated up some lasagna and watched some TV while I ate	We went out to eat	Watched Tv, ate an orange and apple juice	watched tv, went to the beauty supply store
4:00	watched a movie	watch tv and then fell asleep	Ran errands with roommates	Watched tv	We went out to eat	Watched Tv, took a shower	at the beauty supply store
4:30	watched Youtube	nap	Ran errands with roommates	Watched tv and fell asleep	We went out to eat	Got dressed to go to the movies with a friend	got back to my room, cleaned up a little
5:00	watched Youtube	nap	Applied for jobs	nap	We went out to eat, headed back to dorm	went to go see The Nun 2	did some laundry, did some homework
5:30	watched Youtube and fell asleep	nap	Applied for jobs	nap	Went to my room, got on my phone	at the movies	homework
6:00	nap	nap	Talked on the phone with my sister	nap	Watched TT	at the movies	homework
6:30	nap	nap	Talked on the phone with my sister	nap	Watched TT	at the movies	homework, took a break, ate some lasagna
7:00	nap	nap	Talked on the phone with my sister	nap	Watched TT	at the movies, dropped my friend off and headed back home	On TT & IG

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7:30	nap	nap	Talked on the phone with my sister, started on some homework	nap	Fell asleep	got back to my room, changed into comfortable clothes, and got into bed	On TT & IG
8:00	woke up, attempted to do homework	woke up and got on my phone	homework	nap	nap	Scrolled on TT & IG	On TT & IG
8:30	homework	on my phone then attempt to do homework	homework	nap	nap	Scrolled on TT & IG, ate some food	On TT & IG
9:00	homework	attempt to do homework	Watched Youtube	nap	nap	Had a game night with roommates and friends	On TT & IG
9:30	took a break	attempt to do homework	Watched Youtube	nap, woke up, got on TT	Woke up, attempted to do some homework	game night	On TT & IG
10:00	took a break	Went to the store with my roommates	Watched Youtube	on TT	attempted to do some homework	game night	Resumed doing homework
10:30	took a break	Went to the store with my roommates	Watched Youtube	on TT, started on some homework	attempted to do some homework, took a break	game night	homework
11:00	homework	Got back to the apartment & talked with my roommates	Watched Youtube	homework	attempted to do some homework	game night	homework
11:30	homework & talk on the phone	Talked with my roommates	Watched Youtube, got on TT	homework	homework	game night	homework
12AM	talk on the phone & watch tv	Showered, Layed in bed on TT	On TT and IG	Game night with my roommates and some other people	Watched Tv	game night	Watched a movie
12:30	watch tv	Layed in bed on TT	On IG	Game night with my roommates and some other people	Watched Tv	game night	Watched a movie
1:00	watch tv	Layed in bed on TT	On IG	Game night with my roommates and some other people	Watched Tv	went back to my room, watched some tv	Watched a movie
1:30	on Tiktok(TT) & Instagram(IG), watch tv	Layed in bed on TT	On IG	Game night with my roommates and some other people	Watched Tv	watched tv	Watched a movie, started watching Youtube
2:00	on TT & IG, watch tv	Layed in bed on TT	On IG	Game night with my roommates and some other people	Watched Tv	watched tv	Watched Youtube

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2:30	fixed food, ate & watched tv	Layed in bed on TT	Looked for hairstyles on Pinterest, TT & IG	Game night ended, I went back to my room, and took a shower	Watched Tv, got on TT & IG	watched tv	Watched Youtube, ate a snack
3:00	on TT & IG/watch tv	Layed in bed on TT	Looked for hairstyles on Pinterest, TT & IG	Brushed teeth, hopped in bed and watched some tv	Watched Tv, got on TT & IG, ate some chips, brushed teeth	watched tv, fell asleep	Watched Youtube
3:30	on TT & IG, brushed teeth	ate food, on TT	Looked for hairstyles, showered	Watched tv	Took a quick shower	sleep	Watched Youtube
4:00	on TT & IG	On TT	brushed teeth and went asleep	Watched tv	Watched TT & IG	sleep	Watched Youtube, fell asleep
4:30	on TT & IG, fell asleep	On TT	sleep	Watched tv, fell asleep	Watched TT & IG	sleep	sleep