

# Notes

September 9, 2014

**guest speaker**

**how many hours per day**

sleeping:  $6 \times 7 = 42$  getting ready  $.5 = 3.5$  meals  $3 = 21$  in class  $2.5 = 12$  working  $2 = 10$  extracurricular  $1 = 2$  errands  
 $2 = 10$  online  $1 = 7$  phone  $1 = 7$  commuting  $1 = 6$  exercising  $0 = 2$  time with family/friends  $5 = 47$  relax  $1 = 7$   
totals to 177 out of 168 per week, but some overlap, although schoolwork isn't accounted for :