

TIME MANAGEMENT ACTIVITY- HIGH SCHOOL

Fill this out for the current quarter

School Activities:

Hours Spent

School (5 days X 6.5)	32.5
Homework for standard classes: .5 hours x 4 nights/week x # of classes	
Homework for college/advanced classes: 1 hour x 5 nights/week x # of classes	
Total School Hours	

Extracurricular Activities:

Hours Spent

Paid Job/Chores	
Hobbies	
Sports	
Community Service	
Music Practice/Performances	
Total Extracurricular Activities	

Daily Activities:

Hours Spent

Sleep: 7 days x 9 (recommended)	
Physical Activity	
Eating, Showering, Getting Ready for School, etc.	
Family Time	
Free Time: Friends, TV, Phone, Social Networking, etc.	
Total Daily Activities	

Total Hours:

VS

MAXIMUM AVAILABLE:

School Total	
Extracurricular Total	
Daily Living Total	
Your Total Hours	

168