

COLLEGE STUDENT TIME ASSESSMENT

TIME BUDGET	RATE THE TIME YOU SPEND		
	TOO LITTLE	JUST RIGHT	TOO MUCH
Church			
Service Projects			
Meetings			
Relationships			
Clubs and Projects			
Visits			
Phone/Text/Social Media			
Class/Study Time (list classes)			
Work			
Time at work			
Travel			
Diversion			
Recreation			
Exercise			
TV/Movies/Time wasters			
Miscellaneous			
Eating			
Traveling			
Sleeping			
Other			

What decisions need to be made so that my use of time fits my values?
 What changes do I need to make in how I organize, plan, and utilize my time?