

PERSONAL TIME SURVEY

Number of hours of sleep each night		x 7 =	
Number of grooming hours per day		x 7 =	
Number of hours for meals/snacks per day (include preparation time)		x 7 =	
Total travel time each weekday		x 5 =	
Total travel time on the weekend			=
Number of hours per week for regularly scheduled functions (clubs, church, get- togethers, etc.)			=
Number of hours per day for chores, errands, extra grooming, etc.		x 7 =	
Number of hours of employment per week			=
Number of hours in class per week			=
Number of average hours per week socializing, dates, etc. Be honest!			=
TOTAL THE HOURS ABOVE			=
Subtract the total from 168			=

The number of hours you are left with is, in reality, the number of hours you have available for study each week!