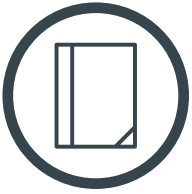


TIME SCHEDULING WORKSHEET

Estimate below the time you spend engaged in these activities during a typical 7-day week



SCHOOL

TOTAL WEEKLY HOURS: _____

School - in class time	35 hrs
English homework	
Math homework	
History homework	
World Language homework	
Science homework	
Elective homework	



EXTRACURRICULARS

TOTAL WEEKLY HOURS: _____

Paid job	
Community Service	
Sports	
Visual & Performing Art	
Non-school assigned homework (e.g., SAT prep)	



UNSTRUCTURED TIME

TOTAL WEEKLY HOURS: _____

Playtime	
Downtime	
Family time	



SLEEP

TOTAL WEEKLY HOURS: _____

Weekday sleep (8-10 hrs/night, says American Academy of Pediatrics)	45 hrs
Weekend sleep	18 hrs

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/>
School Total		Extracurricular Total		Unstructured Time Total		Sleep Total		Your Weekly Total