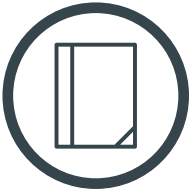


TIME SCHEDULING WORKSHEET

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

TIME SCHEDULING WORKSHEET



ENGLISH

Course title	Minutes per night	Nights per week

Course title	Minutes per night	Nights per week



MATH



SOCIAL STUDIES



SCIENCE



WORLD LANGUAGE



ELECTIVES

