

## TIME MANAGEMENT ACTIVITY

*This activity is intended to help students anticipate the time they will need to remain balanced, healthy, happy and engaged learners.*

Fill out for your **BUSIEST** Term:

School Day (5 Days x 7 Hours)

35

Anticipated Hours of Homework*	Average Hours/Week
AP: 1 hour x 5 nights weekly x # courses	
Honors & CP: .5 Hours x 5 nights weekly x # courses	
<b>Total School Hours:</b>	

Extra-Curricular Activities	Average Hours/Week
Clubs/Interests/Hobbies	
Paid Job	
Community Service	
Sports/Physical Activity	
Music/Theater/Performance	
Other (Driver's Ed, SAT Prep, College Apps, etc)	
<b>Total Extra-Curricular Hours:</b>	

Daily Living Activities	Average Hours/Week
Sleep (7 days x 9 Recommended Hours)	
Necessities (Eating, Showering, Chores, etc)	
Travel to and from School	
Family Time	
Free Time (Friends, TV, Phone, Internet, etc)	
<b>Total Daily Living Hours:</b>	

School Day Hours = 35  
Homework Hours = \_\_\_\_\_  
Extra-Curricular Hours = \_\_\_\_\_  
Daily Living Hours = \_\_\_\_\_  
**YOUR TOTAL HOURS** = \_\_\_\_\_ **VS.**

Available Hours/Week

**168**

*Based on the information above we acknowledge the workload  
we are going to undertake with this schedule:*

Student Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent/Guardian signature \_\_\_\_\_

Counselor \_\_\_\_\_ Year of Graduation \_\_\_\_\_

*\*Daily homework amounts are estimates\**