

Student Name: _____

Time Management Activity

SCHOOL HOURS List your courses for the upcoming school year below and then use the estimates on page 2 to calculate homework time	AVERAGE HOURS/WEEK Time spent on homework, study time, sports practice time
Time spent in school (5 days x 7 hours)	35
English:	
Social Studies:	
Math:	
Science:	
Language:	
Electives:	
PE/Sports:	
Total school hours:	

EXTRA-CURRICULAR ACTIVITIES – School and Community	AVERAGE HOURS/WEEK
Paid job	
Hobbies/Interests	
Community/Volunteer Services	
Non School Sports (i.e., club team)	
School Related Activity	
School Related Activity	
Total extra-curricular hours:	

DAILY LIVING ACTIVITIES	AVERAGE HOURS/WEEK
Sleep (7 days x 8 hours)	56
Necessities (eating, showering, chores, etc.)	
Family time	
Free time (friends, TV, phone, internet, video games, etc.)	
Travel time (to/from school, practices, activities, etc.)	
Faith/Religious Activities	
Total daily living hours:	

Total Hours	School hours =	
	Extra-Curricular hours =	
	Daily Living hours =	
	Your total hours:	

THERE ARE

168

HOURS

IN A WEEK

By signing below, we acknowledge that we reviewed and support the courses and extracurricular activities that my student has selected for the 2019-2020 school year.

Parent/Guardian Signature

Student Signature

Date