

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	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">School hours =</td> <td style="width: 40%;"></td> </tr> <tr> <td>Extra-Curricular hours =</td> <td></td> </tr> <tr> <td>Daily Living hours =</td> <td></td> </tr> <tr> <td style="text-align: center;">Your total hours:</td> <td></td> </tr> </table>	School hours =		Extra-Curricular hours =		Daily Living hours =		Your total hours:		<p style="font-size: 2em; margin: 0;">THERE ARE</p> <p style="font-size: 3em; margin: 0;"><u>168</u></p> <p style="font-size: 2em; margin: 0;">HOURS</p> <p style="font-size: 2em; margin: 0;">IN A WEEK</p>
School hours =										
Extra-Curricular hours =										
Daily Living hours =										
Your total hours:										

By signing below, we acknowledge that we reviewed and support the courses and extracurricular activities that my student has selected for the 2016-2017 school year.

Parent/Guardian Signature

Student Signature

Date