# Where is your time going?

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>HOURS/WEEK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Academics</strong></td>
<td></td>
</tr>
<tr>
<td>Time in class</td>
<td></td>
</tr>
<tr>
<td>Time spent studying (reading, homework, research)</td>
<td></td>
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<tr>
<td>Time spent with tutors</td>
<td></td>
</tr>
<tr>
<td><strong>Subtotal</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Campus Life</strong></td>
<td></td>
</tr>
<tr>
<td>Time spent with clubs or organizations</td>
<td></td>
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<tr>
<td>Time spent with Varsity or Club Athletics</td>
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<tr>
<td><strong>Subtotal</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Work</strong></td>
<td></td>
</tr>
<tr>
<td>Time spent working</td>
<td></td>
</tr>
<tr>
<td><strong>Subtotal</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Personal Care</strong></td>
<td></td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
</tr>
<tr>
<td>Eating</td>
<td></td>
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<tr>
<td>Other personal responsibilities</td>
<td></td>
</tr>
<tr>
<td><strong>Subtotal</strong></td>
<td></td>
</tr>
<tr>
<td><strong>Leisure Time</strong></td>
<td></td>
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<tr>
<td>Telephone and text messaging</td>
<td></td>
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<tr>
<td>E-mail, instant messaging, blogging, Facebook, etc</td>
<td></td>
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<tr>
<td>Television</td>
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<tr>
<td>Videogames</td>
<td></td>
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<tr>
<td>Hanging out with friends</td>
<td></td>
</tr>
<tr>
<td><strong>Subtotal</strong></td>
<td></td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td></td>
</tr>
</tbody>
</table>