

# Where is your time going?

## ACTIVITY

## HOURS/WEEK

### **Academics**

Time in class \_\_\_\_\_  
Time spent studying (reading, homework, research) \_\_\_\_\_  
Time spent with tutors \_\_\_\_\_  
**Subtotal** \_\_\_\_\_

### **Campus Life**

Time spent with clubs or organizations \_\_\_\_\_  
Time spent with Varsity or Club Athletics \_\_\_\_\_  
**Subtotal** \_\_\_\_\_

### **Work**

Time spent working \_\_\_\_\_  
**Subtotal** \_\_\_\_\_

### **Personal Care**

Sleep \_\_\_\_\_  
Eating \_\_\_\_\_  
Other personal responsibilities \_\_\_\_\_  
**Subtotal** \_\_\_\_\_

### **Leisure Time**

Telephone and text messaging \_\_\_\_\_  
E-mail, instant messaging, blogging, Facebook, etc \_\_\_\_\_  
Television \_\_\_\_\_  
Videogames \_\_\_\_\_  
Hanging out with friends \_\_\_\_\_  
**Subtotal** \_\_\_\_\_

**TOTAL** \_\_\_\_\_

