



Time Budgeting



Directions: Use this tool to write down the number of hours it takes you do each item on the list.

Total Number of Hours available per week 168

Hours in class - _____

Hours of study time - _____

Hours for sleep/personal hygiene - _____

Hours of exercise per week - _____

Hours of family time per week - _____

Hours of television per week - _____

Hours of social media, video games, etc. - _____

Hours of committed time per week (i.e. jobs, clubs, meetings, etc) - _____

Hours of shopping, errands, laundry - _____

Hours of spending time with friends - _____

Hours of other - _____

Final Balance (+ or -) = _____

Reflection: Which activities do you dedicate your time to the most? Which activity should you spend less time on?