



Time Budget

Where is your time going?

Estimate the number of hours you spend on each task.

- 1) If you do it every day, multiply by 7 to get your hours per week
- 2) If you don't do it every day, just write how many hours per week

	hours per day		hours per week
Sleeping	<input type="text"/>	x 7 days =	<input type="text"/>
Cooking/Eating	<input type="text"/>	x 7 days =	<input type="text"/>
Grooming	<input type="text"/>	x 7 days =	<input type="text"/>
Job	<input type="text"/>	x 7 days =	<input type="text"/>
Class	<input type="text"/>	x 7 days =	<input type="text"/>
Homework	<input type="text"/>	x 7 days =	<input type="text"/>
Studying	<input type="text"/>	x 7 days =	<input type="text"/>
Friends/Family	<input type="text"/>	x 7 days =	<input type="text"/>
Gym/Exercise	<input type="text"/>	x 7 days =	<input type="text"/>
Clubs/Organizations	<input type="text"/>	x 7 days =	<input type="text"/>
Chores	<input type="text"/>	x 7 days =	<input type="text"/>
Phone	<input type="text"/>	x 7 days =	<input type="text"/>

Total:

168 hours in a week - (Total) = hours left



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