Academic Success

Time Budget Sheet

Total number of hours available each week 168

Minus hours in class each week -\_\_\_\_\_\_\_\_\_\_

Minus hours of study time per week -\_\_\_\_\_\_\_\_\_\_

Minus hours of sleep time/personal hygiene per week -\_\_\_\_\_\_\_\_\_\_

Minus hours of committed time per week -\_\_\_\_\_\_\_\_\_\_ (e.g. job, church, sports, clubs, meetings)

Minus hours of meal time per week -\_\_\_\_\_\_\_\_\_\_

Minus hours of exercise per week -\_\_\_\_\_\_\_\_\_\_

Minus hours of family time per week -\_\_\_\_\_\_\_\_\_\_

Minus hours of laundry, shopping, personal errands per week -\_\_\_\_\_\_\_

Minus hours of television per week -\_\_\_\_\_\_\_\_\_\_

Minus hours of Facebook, video games, etc. -\_\_\_\_\_\_\_\_\_\_

Minus hours of other recreation per week -\_\_\_\_\_\_\_\_\_\_ (movies, parties, etc.)

Minus other (miscellaneous) -\_\_\_\_\_\_\_\_\_\_

Final Balance (+ or -) \_\_\_\_\_\_\_\_