

# Personal Time Survey

## Academics / Work:

1. Number of hours in **class** per week: \_\_\_\_\_
2. Number of hours of **study** per day: \_\_\_\_\_ x 7 = \_\_\_\_\_
3. Number of hours of **work** per week: \_\_\_\_\_

## Daily Living / Wellness:

4. Number of hours of **sleep** per night: \_\_\_\_\_ x 7 = \_\_\_\_\_
5. Number of hours of **personal hygiene/grooming** per day: \_\_\_\_\_ x 7 = \_\_\_\_\_
6. Number of hours for **meals/snacks** per day  
(include preparation and clean-up): \_\_\_\_\_ x 7 = \_\_\_\_\_
7. Number of hours for **exercise** or other self-care per week: \_\_\_\_\_

## Co-curricular:

8. Number of hours for **organization or club meetings** per week: \_\_\_\_\_
9. Number of hours for **athletics** per week: \_\_\_\_\_

## (Intra)Personal:

10. Number of hours for **personal/spiritual reflection** per week: \_\_\_\_\_

## Social / Entertainment:

11. Number of hours per week in person **socializing** (dates, outings, etc.): \_\_\_\_\_
12. Number of hours per week on **social networking, email, phone, texting**: \_\_\_\_\_
13. Number of hours per week **watching TV, video games, etc.:** \_\_\_\_\_

## Other:

14. **Travel Time** (include walking, biking, and driving time):
  - a. Number of hours per weekday: \_\_\_\_\_ x 5 = \_\_\_\_\_
  - b. Number of hours per weekend: \_\_\_\_\_
15. Number of hours per day for **chores, errands, etc.:** \_\_\_\_\_ x 7 = \_\_\_\_\_

**Add up the Time Survey totals from items 1-15 above:**

**Calculate the hours remaining each week:**

(Hours in a Week) – (Time Survey Total) = (Hours Left Each Week)

168 – \_\_\_\_\_ = \_\_\_\_\_