

WORKSHEET 3.1**Personal Time Survey**

1. Number of hours of sleep each night _____ $\times 7 =$ _____
2. Number of grooming hours per day _____ $\times 7 =$ _____
3. Number of hours spent on meals/snacks per day (including preparation time) _____
 $\times 7 =$ _____
4. Total travel time weekdays _____ $\times 5 =$ _____
5. Total travel time weekends _____
6. Number of hours per week spent on regularly scheduled events (church, clubs, etc.)

7. Number of hours per week for chores, errands, etc. _____
8. Number of hours of work per week _____
9. Number of hours in class per week _____
10. Number of hours per week socializing (online/offline) (be honest!) _____

Add up the totals _____

Subtract the above number from 168 – _____ = _____

The remaining hours are the hours per week you have allowed yourself to study.
