

How Do I Spend My Time???

Estimate the number of hours you spend each week on the following activities. When you finish, subtract your total hours from 168, the number of hours in a week.

Activity Hours Per Week

Attending classes _____

Attending clinical placement _____

Working _____

Travel time _____

Eating _____

Sleeping _____

Caring for family _____

Daily household chores _____

Studying _____

Watching television _____

Socializing _____

Religious services _____

Other _____

Total = _____

168 hours – total = _____