



Consider the number of hours per week on the following:

Number of hours of sleep each night: _____

Number of hours of class per week: _____

Number of hours of work per week: _____

Number of hours per week with friends, family, doing activities: _____

Number of hours for meal prep and cleanup time: _____

Number of hours per day of errands, etc.: _____

Total: _____

Multiple your total by 7.

168 Hours in a week 168

- (Total above) - _____

= # of study hours = _____