

# Time Management Worksheet

In the grid below, block off times when you will—

- Sleep
- Eat
- Go to class
- Work
- Participate in extracurricular activities
- Work out
- And finally... Study!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00 AM							
9:00-10:00							
10:00-11:00							
11:00-12:00							
12:00-1:00 PM							
1:00-2:00							
2:00-3:00							
3:00-4:00							
4:00-5:00							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00 PM - 12:00 AM							

Study Hrs./Day \_\_\_\_\_

*\*Remember, you should spend two hours studying for every one hour in class!\**

Total Study Hrs. = \_\_\_\_\_