

WEEKLY TIME GOALS

You have 168 hours in your week. Plan roughly how many hours you will give to each facet of your life, below. Hours should total to 168. After you have finished this worksheet, fill out a weekly plan sheet to show where you want to do each activity, giving special emphasis to study time. Post this sheet at your desk to help you remember study hours. (You may carry this a step further by planning what subject you will study during each designated study time.)

ACADEMIC:

Class - _____ hours

(How many hours of classes are you enrolled for?)

Study - _____ hours

(Study a minimum of 2 hours per hour of class)

SOCIAL:

Eating - _____ hours

Social Life - _____ hours

Other _____ - _____ hours

SPIRITUAL:

Worship - _____ hours

Bible/Prayer - _____ hours

Other _____ - _____ hours

PHYSICAL:

Sports - _____ hours

Exercise - _____ hours

Sleep - _____ hours

OTHER:

Campus Job - _____ hours

_____ - _____ hours