



## Time Management Estimation Activity

*Estimate the average number of hours you spend on these activities per week:*

Activity	Average hours/week
Time in class (5 classes at 150 minutes each per week = 12.5 hours)	
Homework & studying	
Paid job or internship	
Clubs, hobbies, extracurricular activities	
Community service or volunteer work	
Caring for a family member or pet	
Sleep	
Physical activity/working out	
Routine appointments	
Eating	
Showering, grooming, personal hygiene	
Laundry, shopping, errands, etc.	
Travel to and from school/work/activities/etc.	
Free time (hanging out with friends, going out, watching Netflix, etc.)	
Playing on phone/social media	
Other -	
Other -	
Other -	
Other -	
<b>TOTAL:</b>	

Available hours in a week = 168

My total number of hours from above: \_\_\_\_\_

Remaining available hours: \_\_\_\_\_