



# Time Budgeting

Directions: Use this tool to write down the number of hours it takes you do each item on the list.

Total Number of Hours available per week 168

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Hours in class	-	_____
Hours of study time	-	_____
Hours for sleep/personal hygiene	-	_____
Hours of exercise per week	-	_____
Hours of family time per week	-	_____
Hours of television per week	-	_____
Hours of social media, video games, etc.	-	_____
Hours of committed time per week (i.e. jobs, clubs, meetings, etc)	-	_____
Hours of shopping, errands, laundry	-	_____
Hours of spending time with friends	-	_____
Hours of other	-	_____

Final Balance (+ or -) = \_\_\_\_\_

Reflection: Which activities do you dedicate your time to the most? Which activity should you spend less time on?