

ACTIVITIES BREAKDOWN - Hours per Week

1. Class Time _____
2. Study Time, reviewing, projects, papers _____
3. Commuting _____
4. Dressing and eating _____
5. Hours of employment _____
6. Responsibilities at home _____
7. Athletics requirements _____
7. Telephone and computer _____
8. Television _____
9. Dating, outings, sports, movies, "going out", etc (entertainment). _____
10. Sleeping _____
11. _____
12. _____

Now that you know how you are currently spending your time, it is good to reflect on your priorities and goals. What is most important to you? What are your priorities?

How do your Priorities match up to how you spend your time each week?

What do you want to adjust in your weekly schedule to better match your priorities?

What do you spend time on that you will remove or reduce in your weekly schedule?