



# Your Schedule by the Hours

*There are only so many hours in a week!*

We all start with	168 hours
Class: How many hours of class?	
Subtotal	
Study: Number of credits x 2	
Subtotal	
Sleep: Number of hours/night x 7	
Subtotal	
Meals: Number of hours/day x 7	
Subtotal	
Grooming: Number of hours/day x 7	
Subtotal	
Time remaining for flexible scheduling (personal time, TV/computer, socializing and some unscheduled time)	
Total	

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# Weekly Study Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
Noon							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
Midnight							

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