

PERSONAL TIME CALCULATION TOOL



To estimate how much time you spend on regular activities per week, complete the survey below. This will help you get a better idea of how much time you need to prepare for each subject. It will also help you identify time wasters.

Numbers of hours of sleep each night		x7	=
Number of grooming hours per day		x7	=
Number of hours for meals/snacks per day including preparation time		x7	=
Number of hours per week for regularly scheduled activities		x7	=
Number of hours per day for chores , errands, etc		x7	=
Number of hours of work per week			=
Number of hours in class per week			=
Number of average hours per week socializing			=
Total travel time per weekday		x5	=
Total travel time weekends			=
TOTAL			=
Subtract the above number from 168			=
REMAINING HOURS YOU HAVE TO STUDY			=

STUDY HOUR FORMULA

Average class credit hours		x1	=
Demanding class credit hours		x2	=
Very Demanding class credit hours		x3	=
TOTAL STUDY HOURS NEEDED			=