

## TIME MANAGEMENT ACTIVITY FOR STUDENTS\*

This activity is intended to help students anticipate the time they will need to remain healthy, happy and engaged learners.

FILL OUT FOR YOUR BUSIEST SEMESTER

School Activities	Avg. Hours/Week
School (5 days X 7 hours)	35
<i>Anticipated Homework for Leveled Courses:</i>	
Advanced Placement: <b>1+ hour x 5 nights weekly x # of courses</b>	
Accelerated: <b>1 hour x 4 nights weekly x # of courses</b>	
Honors & Standard: <b>0.5 hours x 4 nights weekly x # of courses</b>	
Total School Hours:	<input style="width: 100%;" type="text"/>

Extracurricular Activities	Avg. Hours/Week
Paid Job	
Hobbies/Interests/Clubs	
Community Service	
Sports	
Music/Performances	
Total Extracurricular Hours:	<input style="width: 100%;" type="text"/>

Daily Living Activities	Avg. Hours/Week
Sleep (7 days X 9 recommended hours)	
Physical Activity (1 hour recommended – may be sports or PE)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Free Time (friends, TV, phone, Internet, etc.)	
Total Daily Living Hours:	<input style="width: 100%;" type="text"/>

TOTAL HOURS/WEEK	AVAILABLE
School Hours      ▶ _____ +	<b>Maximum hours</b>
Extracurricular Hours      ▶ _____ +	
Daily Living Hours      ▶ _____ =	
YOUR TOTAL HOURS <input style="width: 100%;" type="text"/> vs. _____	<b>168</b>

\* Created by Needham High School, Needham, MA