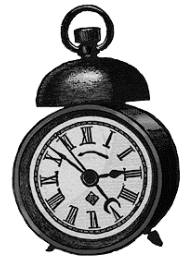


Activity	Hours per Week
1. Attending classes	_____
2. Studying	_____
3. Working	_____
4. Sleeping	_____
5. Personal grooming	_____
6. Traveling to and from classes, work, etc.	_____
7. Meals	_____
8. Exercise/Sports	_____
9. Club meetings	_____
10. Chores	_____
11. Family time	_____
12. TV/video games/music/internet surfing (alone)	_____
13. Socializing & leisure activities (with friends)	_____
14. Other	_____
TOTAL	_____
168 Hours minus Total	_____



Now answer the following questions:

1. On what activities do you spend the least amount of time?

2. On what activities do you spend the most time? Is the amount of time you spend studying producing the grades and a level of understanding that you want?

3. Overall, are you satisfied with the way you spend your time. Why or why not?
