

## TIME MANAGEMENT ACTIVITY FOR STUDENTS\*

\* Excerpt from the End the Race Companion Book

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