Academic Success Time Budget Sheet

Total number of hours available each week: 168

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

_____ - _____

Final Balance (+ or -) = _____

Include things like: class hours, study time, sleep, personal hygiene, job, church, clubs, meetings, meals, exercise, family time, laundry, errands, shopping, TV, Facebook (internet), video games, movies, general recreation, etc.