



Time Management Chart

School Activities	
School (5 days x 7 hours)	
<u>Homework</u>	
Period 1:	
Period 2:	
Period 3:	
Period 4:	
Period 5:	
Total School Hours:	

Extra-Curricular Activities	
Paid Job	
Hobbies/Interests	
Community Service	
Sports	
Music/Performances	
Total Extra-Curricular Hours:	

Daily Living Activities	
Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Free Time (friends, TV, phone, Internet, gaming, etc.)	
Total Daily Living Hours:	

Total Hours	Maximum Available Hours/Week
School Hours:	<h1>168</h1>
Extra-Curricular Hours:	
Daily Living Hours:	
Total Hours:	