

# Academic Success Time Budget Sheet

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<b>Total number of hours available each week</b>	<b>168</b>
Minus hours in class each week	- _____
Minus hours of study time per week	- _____
Minus hours of sleep time/personal hygiene per week	- _____
Minus hours of committed time per week (e.g. job, church, clubs, meetings)	- _____
Minus hours of meal time per week (include coffee stops!)	- _____
Minus hours of exercise per week	- _____
Minus hours of family time per week	- _____
Minus hours of laundry, shopping, personal errands per week	- _____
Minus hours of television per week	- _____
Minus hours of Facebook, video games, etc.	- _____
Minus hours of other recreation per week (movies, parties, etc.)	- _____
Minus other ( <i>miscellaneous</i> )	- _____
<b>Final Balance (+ or -)</b>	_____

