

TIME BUDGET SHEET

STAY PRODUCTIVE

TOTAL NUMBER OF HOURS AVAILABLE EACH WEEK	168
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 (<i>job, church, cubs, meetings, etc.</i>)	-
Minus hours of meal time per week (<i>include coffee stops!</i>)	-
Minus hours of exercise per week	-
Minus hours of family time each week	-
Minus hours of laundry, shopping, personal errands per week	-
Minus hours of television, Netflix, Hulu per week	-
Minus hours of social media (<i>Facebook, Instagram, Snapchat, etc.</i>) and video games per week	-
Minus hours of other recreation per week (<i>movies, parties, outdoors, etc.</i>)	-
Minus hours of self-care per week (<i>meditation, unplugging, creativity, etc.</i>)	-
Minus other (<i>miscellaneous</i>)	-
FINAL BALANCE (+ OR -)	

Use this in combination with the [Time Log Worksheet](#), which you can find on success.oregonstate.edu/learning/all-worksheets.