



Personal Time Calculation Tool

To estimate how much time you spend on regular activities per week, complete the survey below. This will help you get a better idea of how much time you need to prepare for each subject. It will also help you to identify time wasters:

Number of hours of sleep each night		X 7	=	
Number of grooming hours per day		X 7	=	
Number of hours for meals /snack per day including preparation time		X 7	=	
Number of hours per week for regularly scheduled activities (clubs, church, volunteer activities, etc.)		X 7	=	
Number of hours per day for chores , errands, etc.		X 7	=	
Number of hours of work per week			=	
Number of hours in class per week			=	
Number of average hours per week socializing , etc.			=	
Total travel time weekdays		X 5	=	
Total travel time weekends			=	
TOTAL				
Subtract the above number from 168				168
REMAINING HOURS YOU HAVE TO STUDY				

Study Hour Formula



Easy class credit hours		X 2	=	
Average class credit hours		X 3	=	
Difficult class credit hours		X 4	=	
TOTAL STUDY HOURS NEEDED				