

## WHERE DOES YOUR TIME GO?

*Fill in the hours you spend in class, meetings, work, personal time (eating, workout, etc.)*

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 am -----	-----	-----	-----	-----	-----
8:00 am -----	-----	-----	-----	-----	-----
9:00 am -----	-----	-----	-----	-----	-----
10:00 am -----	-----	-----	-----	-----	-----
11:00 am -----	-----	-----	-----	-----	-----
12:00 p.m. -----	-----	-----	-----	-----	-----
1:00 pm -----	-----	-----	-----	-----	-----
2:00 pm -----	-----	-----	-----	-----	-----
3:00 pm -----	-----	-----	-----	-----	-----
4:00 pm -----	-----	-----	-----	-----	-----
5:00 pm -----	-----	-----	-----	-----	-----
6:00 pm -----	-----	-----	-----	-----	-----
7:00 pm -----	-----	-----	-----	-----	-----
8:00 pm -----	-----	-----	-----	-----	-----
9:00 pm -----	-----	-----	-----	-----	-----

*Where is your free time? How are you currently using your free time?  
 Could this time be used for studying?  
 If you used this time for studying would you still have time for relaxation and socializing?*