Time Management Tracker

FILL OUT THIS FORM FOR YOUR BUSIEST SEMESTER

School Activities	Avg Hours / Week
School (5 days x 7)	35
Average Hours of Study Time Expected	
English:	
Social Science:	
Math:	
Science:	
Language:	
Elective/ Other:	
Total School Hours:	

Extra-Curricular Activities	Avg Hours / Week
Paid job	
Hobbies / Interests	
Community Service	
Sports	
Music / Performance	
Total Extra-Curricular Hours:	

Daily Living Activities	Avg Hours / Week
Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Free Time (friends, TV, phone, internet, video games, etc.)	
Total Daily Living Hours:	

Total Hours	Available Hrs / Week
School Hours = _____ Extra-Curricular Hours = _____ Daily Living Hours = _____ Your Total Hours	**Maximum Hours** **168**

_____ _____ _____

Student Signature Parent Signaure Date