

# Where does time go?



It may seem like there aren't enough hours in the week to get everything done. That may be true or it may be that you are not using your time as efficiently as possible. To assess where your time goes, complete the inventory below. Be as honest with yourself as possible. Some of the items are done every day and will be automatically multiplied by seven to show your weekly total. All "Number of Days" can be adjusted depending on how often you do each activity. After you have responded to all the questions, you'll have the opportunity to see how many hours remain during the week for studying.

<input type="button" value="Reset"/>	Number of Hours per Day	Number of Days per Week	Number of Hours per Week
Enter your information in the blue boxes to see the results.			
On average, how many hours do you sleep in each 24 hour period (including those afternoon naps)?	<input type="text" value="0"/>	<input type="text" value="7"/>	<input type="text" value="0"/>
On average, how many hours a day do you engage in grooming activities?	<input type="text" value="0"/>	<input type="text" value="7"/>	<input type="text" value="0"/>
On average, how many hours a day do you spend on meals - preparation, eating, and clean-up?	<input type="text" value="0"/>	<input type="text" value="7"/>	<input type="text" value="0"/>
How much time do you spend commuting to and from campus? Include the amount of time it takes to park and walk from your car or the bus stop to class. Adjust "days per week" according to your schedule.	<input type="text" value="0"/>	<input type="text" value="5"/>	<input type="text" value="0"/>
On average, how many hours a day do you spend doing errands?	<input type="text" value="0"/>	<input type="text" value="7"/>	<input type="text" value="0"/>
On average, how many hours do you spend each week doing co-curricular activities (student organizations, working out, church, etc.)?			<input type="text" value="0"/>
On average, how many hours a week do you work at a job?			<input type="text" value="0"/>
How many hours do you spend in class each week?			<input type="text" value="0"/>
On average, how many hours a week do you spend with friends, going out, watching TV, going to parties, etc?			<input type="text" value="0"/>
This is the number of hours you are spending each week engaged in daily living activities and school activities.			<input type="text" value="0"/>
There are 168 hours in a week. This is the number of hours that remain for studying. Most universities say that students should spend two hours studying for every hour spent in class. If the number of hours you have left in your week is not twice the number of hours that you are in class, you may need to adjust your time spent doing other activities.			<input type="text" value="168"/>

