Time Management: Available Hours in a Week

**EXAMPLE:**
168 hours in a week
- 56 hours of sleep (generous)
- 21 hours of eating (gluttonous)
- 20 hours of attending classes
71 hours/week or 10 hours/day for study, recreation, and everything else

**YOU:**
168 hours in a week
- ___ hours of sleep (generous)
- ___ hours of eating (gluttonous)
- ___ hours of attending classes
___ hours/week or ___ hours/day for study, recreation, and everything else

What do you want to do in this time?

How will you spend it?

What is important to you?