Time Budget Worksheet

Name: Date:

There are only 168 hours in a week. Please enter the number of hours that you spend PER WEEK in each of the categories shown. Be as accurate as you can, and base your estimates on a typical week for you. Make a plan to *use leftover hours each week* to meet new goals.

CATEGORIES	HOURS SPENT PER WEEK
Sleep Hours Please include the number of hours you consistently sleep per week.	
Meal Hours Please include the number of hours spent shopping for, preparing, and eating food each week.	
Hygiene & Chore Hours Please include any hours spent each week on personal hygiene, or on cleaning and organizing your living space.	
Hobby & Sport Hours Please include any time spent participating in hobbies, sports, and/or extracurricular activities each week.	
Academic Hours Please include any hours spent in class, studying, or in tutoring each week.	
TV/Computer/Social Media Hours Please include any hours spent in any of these activities (or similar activities) each week.	
Church Hours Please include any time that you spend in worship services or related activities each week.	
Other Hours: Please include hours for any other category not listed above.	
TOTAL HOURS:	

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