

## An Exercise: Spending Your Weekly Time Budget

1. Mark off hours for sleeping, eating, all class meetings (lectures, labs, discussions, seminars) and employment (if applicable). 2. Add up all the hours that aren't marked off. 3. Subtract seven hours or more for getting to and from places. **This is your weekly time budget.** 4. Figure out how many hours of studying\* you need for all your classes (about three hours per unit, so for a four-unit class, 12 hours of weekly studying is the goal). 5. Subtract the total number of studying hours from your weekly time budget. **The number of hours you have left is how much time you can spend on everything else: self-care, student orgs, family, personal goals, fitness, hanging out, socializing...**

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 7 AM							
7 – 8 AM							
8 – 9 AM							
9 – 10 AM							
10 – 11 AM							
11 – 12 noon							
12 – 1 PM							
1 – 2 PM							
2 – 3 PM							
3 – 4 PM							
4 – 5 PM							
5 – 6 PM							
6 – 7 PM							
7 – 8 PM							
8 – 9 PM							
9 – 10 PM							
10 – 11 PM							
11 – 12 AM							
12 – 1 AM							
1 – 2 AM							
2 – 3 AM							
3 – 4 AM							
4 – 5 AM							
5 – 6 AM							

*\*Studying means any activity done outside of scheduled class time to learn the material: problem sets, readings, tutoring, GSI and faculty office hours, study groups, adjunct classes, etc.*