

Name:

Student ID:

Week:

MAJOR ACTIVITY AREAS	
Indicate how much time each day or week you should allow for each of the following activity areas. (Use half-hour increments.)	
Activity Area	Hours/day hours/wk
Sleep	
God	
Quiet Time	
Other commitments	
Personal	
Daily planning and organization	
Midday break	
Dealing with areas of procrastination	
Exercise	
Other commitments	
Family	
Spouse (if married)	
Children	
Dinner (including cleanup)	
Household chores	
Financial planning	
Other commitments	
Job	

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