

Name:

Student ID:

Week:

## TIME PERCENTAGE GUIDELINE

Enter the number of hours each night that represent the optimum amount of sleep your body requires. Add another hour per night and multiply that result by 7. Enter the amount in the right-hand column. Subtract that result from 168. This produces Net Available Time per Week (NAT). Enter that result in the right-hand column. Enter the appropriate percentages for each of the four categories (GFJM). Enter the NAT in each of the spaces provided, multiply the percentage by the NAT, and enter the results in the right-hand column. The total of these hours should equal the Net Available Time. Note: Where practical, round numbers to the nearest whole number.

<b>Total time per week</b>	<b>168 hours</b>
<b>Time for SLEEP</b> ( __ hours + hour buffer per night) (7 days)	<b>hours</b>
<b>Net Available Time/week</b>	<b>hours</b>
<b>GOD</b> ( __% of Net Available Time) ( __ hours)	<b>hours</b>
<b>FAMILY / SELF</b> ( __% of Net Available Time) ( __ hours)	<b>hours</b>
<b>JOB</b> ( __% of Net Available Time) ( __ hours)	<b>hours</b>
<b>MINISTRY</b> ( __% of Net Available Time) ( __ hours)	<b>hours</b>
<b>TOTAL</b> (100% of Net Available Time) ( __ hours)	<b>hours</b>

**FORM A-1**