

Name:

Student ID:

Week:

SCHEDULE ANALYSIS				
TOTAL HOURS PER WEEK = 168. SLEEP = 60 NET AVAILABLE TIME (N.A.T.) PER WEEK = 108				
TIME USE CATEGORY	PRESENT SCHEDULE	GUIDELINE SCHEDULE	DIFFERENCE + OR	NEW WEEKLY SCHEDULE
1. SLEEP				
N.A.T.				
2. GOD				
3. FAMILY/SELF				
4. JOB				
5. MINISTRY				
TOTALS (ITEMS 2 5)			NA	

FORM A-4