

# 168 HOURS

Did you realize that we have only 168 hours every week to get everything done? Will you be able to fit into your week everything that must be accomplished? Total the hours you have committed:

Hours per week for sleep	_____	
meals	_____	
classes	_____	
studying	_____	(multiply credit hours by at least 2)
chores and hygiene	_____	
meetings	_____	
job	_____	
child care	_____	
TOTAL	_____	

Now subtract your total number of obligated hours from 168, the number of hours you have in a week:

	168	hours everybody has per week
-	_____	

And this is your total free time \_\_\_\_\_ hours per week

Divide your free hours per week by seven (the number of days per week), and you will discover how many hours per day, on average, you have for yourself, free of all obligations!

If your obligated hours total more than 168 hours per week, then your current schedule is not going to work, is it?