



**WHERE DOES THE TIME GO?  
PERSONAL TIME SURVEY<sup>1</sup>**

- 1. Number of hours of sleep each night \_\_\_\_\_ X 7 = \_\_\_\_\_
- 2. Number of grooming hours per day \_\_\_\_\_ X 7 = \_\_\_\_\_
- 3. Number of hours for meals/snacks per day \_\_\_\_\_ X 7 = \_\_\_\_\_  
(include preparation time).
- 4a. Total travel time weekdays \_\_\_\_\_ X 5 = \_\_\_\_\_
- 4b. Total travel time weekends \_\_\_\_\_ X 2 = \_\_\_\_\_
- 5. Number of hours per week for regularly  
scheduled functions (clubs, gym, get-togethers,  
etc.) \_\_\_\_\_
- 6. Number of hours per day for chores and  
errands \_\_\_\_\_ X 7 = \_\_\_\_\_
- 7. Number of hours of class per week \_\_\_\_\_
- 8. Number of hours of work per week \_\_\_\_\_
- 9. Number of average hours per week socializing,  
dates, etc. Be honest! \_\_\_\_\_

Now add up the totals: \_\_\_\_\_

Subtract the above number from 168 = **168-** \_\_\_\_\_ = \_\_\_\_\_

**Study Hour Formula**

- Easy class credit hours \_\_\_\_\_ x 2 = \_\_\_\_\_
- Average class credit hours \_\_\_\_\_ x 3 = \_\_\_\_\_
- Difficult class credit hours \_\_\_\_\_ x 4 = \_\_\_\_\_

**Total** \_\_\_\_\_

<sup>1</sup> Adapted from: George Mason University, "Personal Time Survey," Self-Development Center, <<http://www.gmu.edu/gmu/personal/time.html>> (10 December 2004).