

# 168 Hours Time Audit

Record Hours In 1 Day

Sleep	
School (Classes & Labs)	
Commute To School	
Work	
Commute To Work	
Meals	
Exercise	
Other Hobbies/ Entertainment	
Studying	
Time With Family Or Friends	
Self Care	
Household Chores & Errands	
Screen Time	
Clubs Or Other On Campus Activities	
<b>DAILY TOTAL</b>	
<b>DAILY TOTAL X 7 = WEEKLY TOTAL</b>	
<b>168 – WEEKLY TOTAL</b>	

\*If the difference is negative, then you are trying to do too much in one day.