

Freshman Time Management Activity

Weston High School

Fill out for the first three months of school (Sept-Nov)

School Activities	Avg. Hours/Week
School (5 days x 7.5 hours)	37.5
Homework done during the school day (study/free) <input style="width: 100px;" type="text"/>	<i>(FYI...do not add to hours)</i>
Homework done after school	
<i>Total School Hours:</i>	<input style="width: 100px;" type="text"/>
Extra-Curricular Activities	Avg. Hours/Week
Paid Job	
Hobbies/Interests/Clubs	
Community Service	
Sports	
Music/Performances	
<i>Total Extra-Curricular Hours:</i>	<input style="width: 100px;" type="text"/>
Daily Living Activities	Avg. Hours/Week
Sleep (7 days x 9 recommended hours)	
Physical Activity (1 hour recommended – may be sports or PE)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Free Time (friends, TV, phone, Internet, etc.)	
<i>Total Daily Living Hours:</i>	<input style="width: 100px;" type="text"/>

Total Hours (hours/week)

<p>School Hours = _____</p> <p>Extra-Curricular Hours = _____</p> <p>Daily Living Hours = _____</p> <p style="text-align: right;"><i>Your Total Hours:</i> <input style="width: 150px; height: 25px;" type="text"/></p>	<p>maximum hours</p> <p style="font-size: 2em; font-weight: bold;">168</p>
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This activity is intended to help students anticipate the time they need to remain healthy, happy, and engaged learners.