List your weekly time commitments for the following activities:

Class (number of credit hours)  _________________
Study (hours per day x 7)  _________________
Sleep (average hours x 7)  _________________
Meals (prep and eating)  _________________
Work  _________________
Scheduled Meetings  _________________
Clubs/Activities/Extracurricular  _________________
Exercise/Fitness/Sports  _________________
Fun/Hanging Out/Friends/Dates  _________________
Social Media/Online/Apps  _________________
Commute/Walking/Bus  _________________
Phone  _________________
Family  _________________
Other  _________________
Other  _________________

Total  _________________

There are only 168 hours in a week!
Are you over-committed?

Adapted from: Appreciative College Instruction: Becoming a Force for Positive Change in Student Success Courses. Stipes Publishing 2011