



# Academic Balance Worksheet

List your weekly time commitments for the following activities:

- Class (number of credit hours) \_\_\_\_\_
- Study (hours per day x7 ) \_\_\_\_\_
- 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?**