



TIME MANAGEMENT WORKSHEET

A WEEKLY TALLY



ACTIVITY:

TIME NEEDED:

Credit Hours this Semester:	_____
Study Hours (2 x credit hours):	_____
Sleep/ Naps (7 x ____ hours/ day):	_____
Meals (7 x ____ hours/ day):	_____
Hygiene (7 x ____ hours/ day):	_____
De-stress Activities (7 x ____ hours/ day): (Ex. exercise, reading, TV, video games, hobbies, etc.)	_____
Communication Activities (7 x ____ hours/ day): (Ex. personal phone calls, e-mailing, text messaging, etc.)	_____
Work/ Volunteering (total hours/ week):	_____
Regularly Scheduled Activities (total hours/ week): (Ex. church, piano lessons, meetings, sports, etc.)	_____
Commute/ Travel Time (total hours/ week):	_____
Family Commitments (total hours/ week):	_____
Friend Commitments (total hours/ week):	_____
Household Duties & Errands (total hours/ week): (Ex. mowing the lawn, laundry, grocery shopping, etc.)	_____

Total # of Hours You Need in a Week

Yesterday: Students will use
Mental Math from
also begin practicing the
slates.
Wubbles by reading the
showing pictures of the
story I will ask the
Wubbles are. I will explain
at night, and if you
they half.

1. Students will use their slates and markers or paper and pencil to practice the problems given.
2. Students will listen to the story and interact as directed.
3. Students will respond to the questions given.

- B. Development**
1. Review from yesterday. We will use the doubling rule with the Wubbles.
 2. Introduce the Wubble story and show the Wubbles.
 3. After reading the story to the students what the Wubbles do that Wubbles double and wink at a Wubble, t