

Time Use Chart

ACTIVITY		MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL	PERCENT*
School/Work Related	Class and Lab									
	Study									
	Work									
	Travel									
	TOTAL									
Health Related	Sleep									
	Eat									
	Exercise									
	Bath etc.									
	TOTAL									
Social and Recreational	Personal									
	Clubs and organizations									
	TOTAL									
Other										
Other										
Other										
Other										
TOTAL HOURS		24	24	24	24	24	24	24	168	100%

*To determine percentage of weekly hours each activity uses, divide the number of hours in an activity by 168.
For example, 56 hours of sleep divided by 168 = 33.3%.