

# NHS 10th grader - Time Management WS

What will your week look like?



Activity		Avg Hours / Week
School Hours and Homework	School (5 days, 6-7.5 hours/day = 30-37.5 hours)	33
	Homework Estimation - Class 1 Humanities US History	1
	Homework Estimation - Class 2 Humanities US English	4
	Homework Estimation - Class 3 Guitar	0
	Homework Estimation - Class 4 Enhanced Math 2	5
	Homework Estimation - Class 5 Integrated Sciences 2	1
	Homework Estimation - Class 6 Racquet Sports	3
	Homework Estimation - Class 7 Spanish 2	2
	Homework Estimation - Class 8	-
	Travel Time to/from School x 5 days	1.5
Other	2	
<b>TOTAL SCHOOL HOURS</b>		<b>52.5</b>
Extra-Curricular Activities	NHS Team Sports (usually 2-4 hours/day = 10-20 hours)	15
	Athletics (outside of school)	6
	Community Service	-
	Music / Performances	-
	Paid Job	-
	Hobbies / Interests	-
	Other Activities: academic support, tutoring, college application prep, religion/cultural schools and activities	-
<b>TOTAL EXTRA-CURRICULAR HOURS</b>		<b>21</b>
Daily Living Activities	Sleep (7 days, 8-10 hours/night = 56-63 hours)	56
	Necessities (eating, showering, chores, etc.)	10.5
	Family Time	7
	Free Time (friends, internet, TV, phone, etc.)	14
	Other	-
<b>TOTAL DAILY LIVING ACTIVITIES HOURS</b>		<b>87.5</b>

<b>TOTAL HOURS (add up all sections)</b>	<b>161</b>
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For an electronic copy of this worksheet, please visit [bit.ly/NHS-Time](http://bit.ly/NHS-Time) or use the QR code:



**168 Hours/Week**