

# NHS Time Management Matrix

Complete this form for your busiest semester.

	Activity	Avg Hours / Week
<b>School Hours and Homework</b>	School (5 days, 6-7.5 hours per day)	<i>(30-37.5 hours)</i>
	Homework - Class 1	
	Homework - Class 2	
	Homework - Class 3	
	Homework - Class 4	
	Homework - Class 5	
	Homework - Class 6	
	Homework - Open Enrollment Class 7	
	Homework - Open Enrollment Class 8	
	Travel Time to/from School x 5 days	
	<b>TOTAL SCHOOL HOURS</b>	
<b>Extra-Curricular Activities</b>	NHS Team Sports (usually 2-4 hours / day)	
	Athletics (outside of school)	
	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>Daily Living Activities</b>	Sleep (7 days, 8-9 hours per night)	<i>(56-63 hours)</i>
	Necessities (eating, showering, chores, etc.)	
	Family Time	
	Free Time (friends, internet, TV, phone, etc.)	
	Other	
	<b>TOTAL DAILY LIVING ACTIVITIES HOURS</b>	
	School Hours and Homework	
	Extra-Curricular Activities	
	Daily Living Activities	
<b>Total Hours</b>	<b>TOTAL HOURS</b>	
		<b>MAX 168</b>