|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THURS | FRI | SAT | SUN | TOTAL |
| **Class Time** |  |  |  |  |  |  |  |  |
| **Tutoring** **(before/after school)** |  |  |  |  |  |  |  |  |
| **Studying**  |  |  |  |  |  |  |  |  |
| **Homework**  |  |  |  |  |  |  |  |  |

**School**

 **Total School: \_\_\_\_\_\_\_\_\_\_\_\_**

**Extra-Curricular Activities**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THURS | FRI | SAT | SUN | TOTAL |
| **Paid Job** |  |  |  |  |  |  |  |  |
| **Community Service** |  |  |  |  |  |  |  |  |
| **Exercise/ Sports** |  |  |  |  |  |  |  |  |
| **Music/ Performance** |  |  |  |  |  |  |  |  |
| **Club/Student Organization**  |  |  |  |  |  |  |  |  |

**Total Extra: \_\_\_\_\_\_\_\_\_\_\_\_**

**Daily Living Activities**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | MON | TUES | WED | THURS | FRI | SAT | SUN | TOTAL |
| **Sleep** **(goal: 7-8 hrs)** |  |  |  |  |  |  |  |  |
| **Necessities/****Personal Care****(Eating, showering)** |  |  |  |  |  |  |  |  |
| **Free Time (internet, social media, TV, video games)** |  |  |  |  |  |  |  |  |
| **Chores** |  |  |  |  |  |  |  |  |
| **Family Time** |  |  |  |  |  |  |  |  |
| **Fun with Friends** |  |  |  |  |  |  |  |  |

**Total Daily: \_\_\_\_\_\_\_\_\_\_\_\_**

**Total Hours**

Maximum Hours

168

**Total School: \_\_\_\_\_\_\_\_\_\_\_\_**

**Total Extra: \_\_\_\_\_\_\_\_\_\_\_\_**

**Total Daily: \_\_\_\_\_\_\_\_\_\_\_\_**

**Total Hours: \_\_\_\_\_\_\_\_\_\_\_\_**