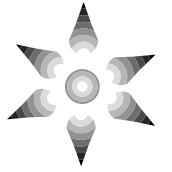


Activities Summary



Use the chart below to summarize how you spend you time (refer to the "Time-Use Schedule"). After you evaluate how you spend your time, move on to the "Planned Schedule."

Activity		M	T	W	Th	F	Sa	Su	Total	Percent*
Class	actual									
	ideal									
Study	actual									
	ideal									
Extra Curricular	actual									
	ideal									
Work	actual									
	ideal									
TV / Radio	actual									
	ideal									
Web Surfing/E-mail	actual									
	ideal									
Eating / Bathing	actual									
	ideal									
Exercise	actual									
	ideal									
Sleep	actual									
	ideal									
Daily Travel	actual									
	ideal									
Other	actual									
	ideal									

*In order to calculate the percentage, dividet the number of hours you spend on an activity by 168. For example; 60 hours of sleep divided by 168=36%.

