

ACADEMIC BALANCE WORKSHEET

Activity:	Time Needed:
Credit Hours of Class:	_____
Study Hours (2 hr x each class hour):	_____
Sleep (7 days x 8 hours/night):	<u>(56)</u>
Meals:	_____
Work:	_____
Scheduled Meetings:	_____
Exercise:	_____
Fun:	_____
Commute/Walking Time:	_____
Family/Phone time:	_____
Total # of Hours You Need:	_____
Number of Hours in a Week:	<u>168</u>

How did you do?

Under 168 Hours: You have EXTRA TIME

OR

Over 168 Hours: You are OVER-COMMITTED