|  |  |  |
| --- | --- | --- |
| My Time Appraisal Worksheet |  |  |
|  | Number of Days | Hours/Week |
| Instruction, Study Sessions, and Course Assignments | **5** | ***26*** |
| Lab/Practicum | **2** | ***16*** |
|  |  |  |
| **Instruction, Study Sessions, Course Assignments** |  |  |
| **Lab/Practicum** |  |  |
|  |  |  |
| **Study Time** |  |  |
| **Employment** |  |  |
|  |  |  |
| **Extracurricular Activities** |  |  |
|  |  |  |
| **Personal (meals, exercise, hygiene, cleaning,**  **appointments, laundry, family time, etc.)** |  |  |
|  |  |  |
| **Travel (to/from class, job, appointments, clinical, tutoring, etc.)** |  |  |
|  |  |  |
| **Sleep (total number of hours you sleep each night)** |  |  |
|  |  |  |
| **Recreation (Facebook, video games, television, parties,**  **free time, etc.)** |  |  |
|  |  |  |
| **Total number of hours in a week (should not exceed 168 hours/week)** |  |  |

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**Time Budget Sheet**

**Use this sheet to account for the total number of hours you spend a day on each activity.**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Activity | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Course Work |  |  |  |  |  |  |  |
| Study Time |  |  |  |  |  |  |  |
| Employment |  |  |  |  |  |  |  |
| Travel |  |  |  |  |  |  |  |
| Sleep |  |  |  |  |  |  |  |
| Extracurricular Activities |  |  |  |  |  |  |  |
| Recreation  . |  |  |  |  |  |  |  |
| Personal |  |  |  |  |  |  |  |
| Total hours/day | 24 | 24 | 24 | 24 | 24 | 24 | 24 |

Content Adapted from Oregon State University OSU/CN

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