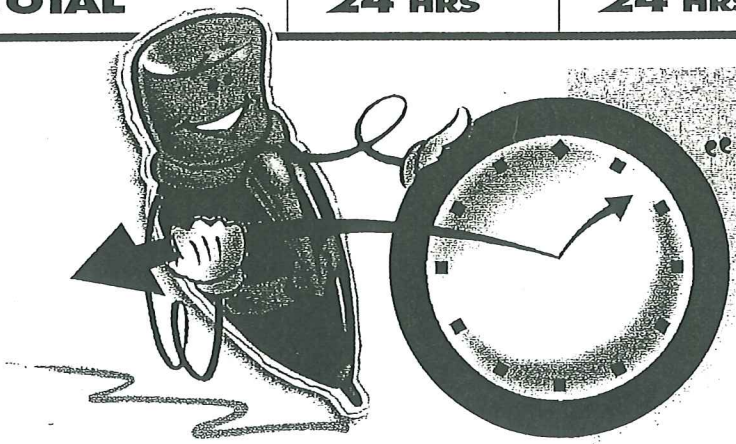


MAKING STOCK OF TIME

BASIC NEEDS TIME CONSUMPTION LIST.

NAME: _____

CATEGORY	A ACTUAL TIME USED PRESENTLY	B TIME SUGGESTED BY MY GROUP	C MY TIME MANAGEMENT GOAL
1. SLEEPING/RESTING HRS. HRS. HRS.
2. DRESSING/HYGIENE HRS. HRS. HRS.
3. EATING HRS. HRS. HRS.
4. TRAVEL HRS. HRS. HRS.
5. CLASSES HRS. HRS. HRS.
6. WORK HRS. HRS. HRS.
7. CHORES HRS. HRS. HRS.
8. APPOINTMENTS HRS. HRS. HRS.
9. STUDY TIME HRS. HRS. HRS.
10. HOMEWORK TIME HRS. HRS. HRS.
11. LEISURE TIME HRS. HRS. HRS.
TOTAL	24 HRS	24 HRS	24 HRS



“If I plan
to **LEARN**,
I must learn
to **PLAN**™”

