

private prep

ZERO BALANCE TIME BUDGET

Subtract the time you need to commit to tasks and activities from the total hours in a week (168) to help determine how much free time you have (and avoid overscheduling!).

Task, activity, or priority	Total hours spent per week	Subtracted from 168 hours
Hours I spend in school		
Hours I should spend on homework		
Hours I spend traveling		
Hours of sleep (ideally 56 at a bare minimum!)		
Hours I spend eating		
Hours I spend getting ready (hair, brushing teeth, showering, dressing)		
Hours I spend with family		
Hours I spend with friends		
Hours I spend doing chores		
Hours I spend working		
Hours I spend on social media		
Hours I spend watching tv/playing video games		
Hours I spend exercising		
Hours I spend in clubs or organizations		
Hours I spend playing sports		
Hours remaining:		