

How Much Time Do You Really Have Each Week?

There are 168 hours in a week (24/7):

- This seems like a Lot at First...BUT ...Do you really have that Much Time?

You Need the Following:

- [Restful] Sleep [8 hours x 7] =
56 hours/week (on Average...)
- Getting ready for bed & up in the morning:
12 hours/week (Approximate...)
- **Total Time of:**
68 hours/week [56 + 12]

So Much Time Do We have Left for Everything Else?

168 hours – 68 hours =

100 hours a week (Not 168 Hours!)

Remember: You have weekly commitments such as:

- Courses
- Work (not recommended if you are taking 3-5 courses)
- Travel to school, home, etc.
- Preparing Meals, Housework, Shopping, Chores, etc.
- Exercise
- Family, Friends, Personal Relations...
- Etc. ...