

MAKING A TIME BUDGET

TIME BUDGET

How do you spent your time?	Hours pr. Day	Days pr week	Total hours per week
1. Personal care (shower, shaving, getting dressed, make-up etc.)			
2. Meals (cooking, eating, tidying)			
3. Cleaning (including laundering)			
4. Shopping (groceries, clothes, etc.)			
5. Transport (from home to university, group meeting, ect)			
6. Scheduled teaching and group work			
7. Work, student job			
8. Leisure activities (sport, volunteering, clubs etc.)			
9. Alone time (TV, reading, scrolling Instagram, ect)			
10. Social time (parties, dates, family, sms, phone calls etc)			
11. Sleep (nights as well as naps!)			
12. Others:			
Time spent in total =			
Remaining time to study & prepare for your class and exams: 168 hours – time spent in total =			