

## De La Salle Time Management Activity Form

Complete for your ***BUSIEST*** week

This form provides you with a realistic view of your life at DLS (outside of DLS). AP or Honors courses demand more time since they are accelerated and usually involve more reading and writing. Consider your present schedule when considering AP/Honors.

School Activities (5 days x 7 hours) = 35 hours	Average Hours per Week
English	
Social Studies	
Math	
Science	
World Language	
Religion	
Electives	
total school hours:	

Extra-Curricular Activities	Average Hours per Week
Paid Job	
Hobbies/Interests	
Community Service	
Sports	
Music/Performances	
Other	
total extra-curricular hours:	

Daily Living Activities	Average Hours per Week
Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time (religious services, etc.)	
Free Time (friends, TV, phone, social media, gaming, etc)	
Other	
total daily living hours:	

<b>TOTAL HOURS</b>	Available Hours per Week
School Hours = _____	Maximum Hours
Extra-Curricular Hours = _____	
Daily Living Hours = _____	
your total hours = _____ versus	168