



"The Power of Zero"			
Activity	# of Days per week	# of Hours per day	Total Hours
<i>Time at school/ Time in class</i>			
<i>Study time</i>			
<i>Sleep</i>			
<i>Personal Hygiene</i>			
<i>Clubs & Orgs</i>			
<i>Work</i>			
<i>Eating/Meals</i>			
<i>Exercise/Sports</i>			
<i>Family time</i>			
<i>Friends time/ Social activities</i>			
<i>Laundry/ Shopping/Errands</i>			
<i>TV/ Netflix/Hulu</i>			
<i>Internet/ Social Media</i>			
<i>Video Games</i>			
<i>Other:</i>			
<i>Other:</i>			
<i>Total (add Total Hours Column)</i>			
<i>Total Remaining Hours (total hours – 168)</i>			