



THE FRESHMAN SURVIVAL GUIDE



HOURS IN A WEEK



Number of credit hours you are taking this semester ____x3 <small>(one hour in the classroom plus two hours outside of class studying/doing homework/writing papers)</small>	= ____
Number of hours you work or do work study ____ + time it takes you to get there and back ____	= ____
Number of hours you sleep on a weeknight <small>(should be at LEAST 7 but preferably 8-9)</small> ____x5	= ____
Number of hours you sleep on a weekend night <small>(should be no more than 10-11)</small> ____x2	= ____
Go to breakfast ____ hours x7	= ____
Go to lunch ____x7= ____	= ____
Go to dinner ____x7= ____	= ____
Number of hours spent walking to/from class or commuting to/from school	= ____
Shower, do your hair, brush your teeth, etc. ____x7	= ____
Relax! Meditate, play video games, watch TV, pray, do yoga, read a magazine, play the guitar, just sit in the quiet <small>(aim for at least 1 hour/day)</small> ____x7	= ____
Exercise <small>(aim for 20-30 minutes a day or an hour 3x/week)</small>	= ____
Daily Facebook and Internet use <small>(WARNING: will probably get out of hand unless you set yourself some limits!)</small> ____x7	= ____
Clubs? Sports? Volunteering? Other activities?	= ____
Religious observance or worship <small>(church/mosque/temple/synagogue)?</small>	= ____
Laundry	= ____
Call home	= ____
Call your best friend from home	= ____
Read a chapter or two of The Freshman Survival Guide	= ____
TOTAL	= ____

This is the number of hours you're already using. One week actually contains a mere 168 hours.

Now subtract: 168 - ____ (total) = ____

THIS is the Magic Number, the number of hours you can allot to a new venture.

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