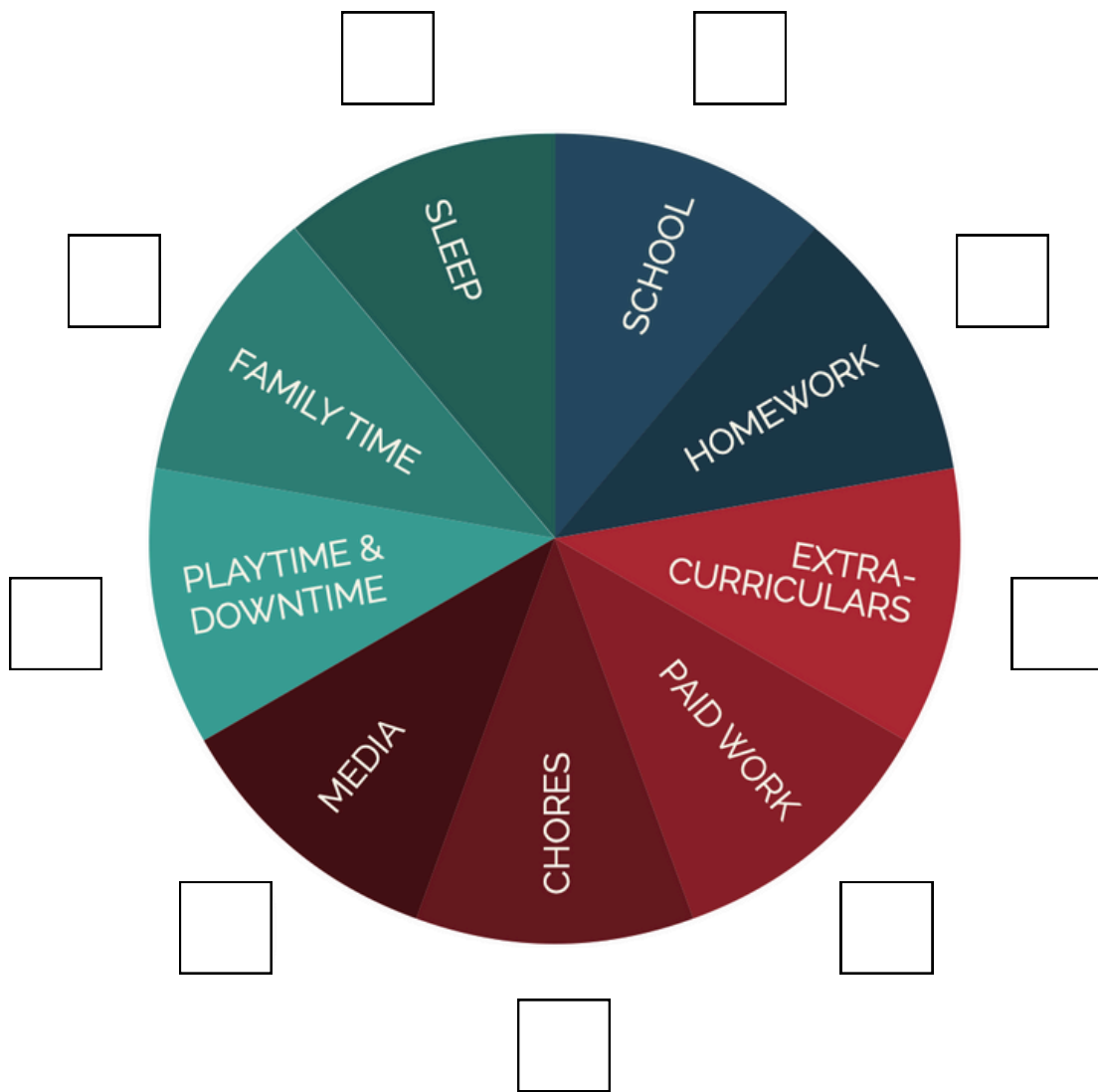




# WHAT'S IN YOUR SPACE?

During the school year there can be lots of demands on your space. Grades. Homework. Sports. Extracurriculars. Relationships. **There are only 24 hours in a day.** What's in your space? Think about how you utilize every hour in each day and mark it on the wheel below.

As you're building your schedule of activities for the year, get out there and **explore new things**, but also consider **what truly matters to you** and how you can achieve a **sense of balance** during the school year. Remember to build time in your schedule to take care of YOU, which means prioritizing sleep, self-care, and downtime with family and friends.



Island Space is a movement that promotes healthy lifestyles for teens in Mercer Island. Visit [islandspace.mihealthyyouth.com](http://islandspace.mihealthyyouth.com) for more tips on how to find balance!



# TIME MANAGEMENT WORKSHEET

Estimate the time you spend engaged in these activities during a typical 7-day week



## SCHOOL

TOTAL WEEKLY HOURS: \_\_\_\_\_

In class time (e.g., 5 days x 7 hours = 35 hours)	
Homework: Subject 1*	
Homework: Subject 2	
Homework: Subject 3	
Homework: Subject 4	
Homework: Subject 5	
Homework: Subject 6	
Homework: Subject 7	



## EXTRACURRICULARS

TOTAL WEEKLY HOURS: \_\_\_\_\_

Paid job	
Community Service	
Sports	
Visual & Performing Art	
Non-school assigned homework (e.g., SAT prep)	



## UNSTRUCTURED TIME

TOTAL WEEKLY HOURS: \_\_\_\_\_

Playtime, Downtime, Family Time	
Necessities (e.g., grooming, eating, transportation)	
Chores	



## SLEEP

TOTAL WEEKLY HOURS: 63

Weekday sleep (8-10 hrs/night, says American Academy of Pediatrics)	45 hrs
Weekend sleep	18 hrs

<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text" value="63"/>	=	<input type="text"/>	**
School Total		Extracurriculars Total		Unstructured Time Total		Sleep Total		Your Weekly Total	

\* Ask your teachers to estimate the maximum nightly homework

\*\* 1 week = 168 hours