Academic Resource Center
Time Management Worksheet

Time	Date: SUN	Date: MON	Date: TUES	Date: WED	Date: THUR	Date: FRI	Date: SAT
6am - 7am							
7am -8am							
8am - 9am							
9am - 10am							
10am - 11am							
11am - 12pm							
12pm - 1pm							
1pm - 2pm							
2pm - 3pm							
3pm -4pm							
4pm -5pm							
5pm -6pm							
6pm -7pm							
7pm -8pm							
8pm - 9pm							
9pm - 10pm							
10pm - 11pm							
11pm -12am							
12am - 1am							
1am - 2am							
2am - 3am							
3am - 4am							
4am -5am							
5am - 6am							

Notes	Hours Available for Activities	Hours Needed for Activities