

Assignment for Week #2 Accountability Meeting

Time Assessment Worksheet														Record # hours Spent ***	
TIME	Mon /		Tue /		Wed /		Thu /		Fri /		Sat /		Sun /		
	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	Plan	Actual	
6:00															Class
6:30 AM															<input type="text"/>
7:00 AM															Study/Homework
7:30 AM															<input type="text"/>
8:00 AM															Practice/ work out
8:30 AM															<input type="text"/>
9:00 AM															Competition
9:30 AM															<input type="text"/>
10:00 AM															Relaxing/TV
10:30 AM															<input type="text"/>
11:00 AM															Socializing
11:30 AM															<input type="text"/>
12:00 PM															Work
12:30 PM															<input type="text"/>
1:00 PM															Eating
1:30 PM															<input type="text"/>
2:00 PM															Sleeping
2:30 PM															<input type="text"/>
3:00 PM															Other
3:30 PM															<input type="text"/>
4:00 PM															
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11:00 PM															
11:30 PM															
12:00 AM															
TOTALS															TOTAL
															168

*** There are 168 hours each week. Account for all of them, honestly, to better assess how you spend your time and where you can make adjustments.