

Week of Your Life Worksheet

(There are 168 hours in a week.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							
11:00 pm							
12:00 am							
1:00 am							
2:00 am							
3:00 am							
4:00 am							
5:00 am							

Note: make sure to include sleeping, getting ready, eating, travel, work, school, study, appointments, must-watch TV shows, family obligations, fun with friends, etc.