

## How Much Time Do You Really Have in a Week?

Want to take a night off? Play a weekly pick-up game? Read a book *for pleasure*? Use this worksheet to calculate how many free hours you have to spend on activities unrelated to law school each week. Then jump over to the **blank weekly schedule** to allocate your planned hours across the course of the week and bask in all the free time on your schedule! (Take a look at the **sample weekly schedule** if you'd like to see an example of a week in the life of an average law student.) Once you've completed your own weekly schedule, keep it handy and track how much time it actually takes you to complete each task. You can use this information to create a more accurate schedule next week!

### 168 Hours in a Week

- \_\_\_\_\_ Hours spent sleeping
- \_\_\_\_\_ Hours spent in class
- \_\_\_\_\_ Hours spent studying outside of class (rule of thumb: 3 x # of credits)
- \_\_\_\_\_ Hours spent preparing and eating food
- \_\_\_\_\_ Hours spent on personal hygiene
- \_\_\_\_\_ Hours spent commuting
- \_\_\_\_\_ Hours spent on required obligations outside of law school (childcare, work, chores, etc.)
- \_\_\_\_\_ Hours spent on other weekly tasks

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= 168 **Total Remaining Free Time\***

**\*If this doesn't seem like enough, answer the following questions:**

Can I shave any time off a task?

Can I combine tasks to use my time more efficiently?

Does Hermione's Time-Turner really exist and, if so, where can I find one?