

### Estimating Available Study Time

**Directions:**

1. Use an "X" to eliminate each time period that must be used for activities other than studying.
2. Make a "/" to identify each time period when studying is inconvenient but occasionally possible.
3. Enter the total number of unmarked hours in the box at the bottom of the page. This sum is your best estimate of the time available for studying in a typical week.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-6 am							
6-7 am							
7-8 am							
8-9 am							
9-10 am							
10-11 am							
11-Noon							
Noon-1pm							
1-2 pm							
2-3 pm							
3-4 pm							
4-5 pm							
5-6 pm							
6-7 pm							
7-8 pm							
8-9 pm							
9-10 pm							
10-11 pm							
11-Midnight							
Daily Totals:							
	Total:						