



CAST

Your Schedule by the Hours

There are only so many hours in a week!

We all start with	168 hours
Class: How many hours of class?	
Subtotal	
Study: Number of credits x 2	
Subtotal	
Sleep: Number of hours x 7	
Subtotal	
Meals: Numbers of hours/day x 7	
Subtotal	
Getting Ready: Number of hours/day x 7	
Subtotal	
“Fixed” Time: Recurring meetings, work, clubs/orgs, exercise	
Subtotal	
“Flexible” Time: Personal time, socializing, extracurriculars	
Total	

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