168 Hour Challenge

By Learning & Accessibility Services

|  |  |
| --- | --- |
| TIME | ACTIVITY LOG: Week of \_\_\_\_\_\_\_\_\_ - \_\_\_\_\_\_\_\_\_ |
| M | T | W | TH | F | SAT | SUN |
| 5:00AM |  |  |  |  |  |  |  |
| 5:30 |  |  |  |  |  |  |  |
| 6:00 |  |  |  |  |  |  |  |
| 6:30 |  |  |  |  |  |  |  |
| 7:00 |  |  |  |  |  |  |  |
| 7:30 |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |
| 8:30 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 9:30 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 10:30 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 11:30 |  |  |  |  |  |  |  |
| 12:00PM |  |  |  |  |  |  |  |
| 12:30 |  |  |  |  |  |  |  |
| 1:00 |  |  |  |  |  |  |  |
| 1:30 |  |  |  |  |  |  |  |
| 2:00 |  |  |  |  |  |  |  |
| 2:30 |  |  |  |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 3:30 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 4:30 |  |  |  |  |  |  |  |
| 5:00 |  |  |  |  |  |  |  |
| 5:30PM |  |  |  |  |  |  |  |
| 6:00 |  |  |  |  |  |  |  |
| 6:30 |  |  |  |  |  |  |  |
| 7:00 |  |  |  |  |  |  |  |
| 7:30 |  |  |  |  |  |  |  |
| 8:00 |  |  |  |  |  |  |  |
| 8:30 |  |  |  |  |  |  |  |
| 9:00 |  |  |  |  |  |  |  |
| 9:30 |  |  |  |  |  |  |  |
| 10:00 |  |  |  |  |  |  |  |
| 10:30 |  |  |  |  |  |  |  |
| 11:00 |  |  |  |  |  |  |  |
| 11:30 |  |  |  |  |  |  |  |
| 12:00AM |  |  |  |  |  |  |  |
| 12:30 |  |  |  |  |  |  |  |
| 1:00 |  |  |  |  |  |  |  |
| 1:30 |  |  |  |  |  |  |  |
| 2:00 |  |  |  |  |  |  |  |
| 2:30 |  |  |  |  |  |  |  |
| 3:00 |  |  |  |  |  |  |  |
| 3:30 |  |  |  |  |  |  |  |
| 4:00 |  |  |  |  |  |  |  |
| 4:30AM |  |  |  |  |  |  |  |

**Time to Reflect:**

After you’ve recorded your 168 hours, break your activities down into categories. How much time did you spend sleeping? Studying? Socializing? Relaxing? Interacting with your family? Exercising? Doing personal care (like showering/getting dressed)? Watching shows? Reading? Spiritual development?

Do you notice any patterns in your days that show you the times of day you are most effective/focused? Or things that contribute to higher productivity (ex. Sleeping, exercise, prayer… etc.)

|  |  |  |
| --- | --- | --- |
| Categories  | Hours  | Need to adjust… |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

Do these numbers reflect the number of hours you’d like to dedicate to these areas? What do you think would be ideal?

Assess your sleep averages. Do you feel this is adequate for feeling your best? What would be ideal?

How can you change your weekly schedule to get closer to your goals? Try thinking through your next week and edit your weekly schedule by making adjustments based on what you have learned. How will you hold yourself accountable for making these time changes?