

Did you know that...

1 week = 168 hours

1 day = 1,440 mins

1 week = 10,080 mins

Time Spent

School	5 hours/day 5 x 5 days =	25 hours	Homework	
Eating			Chores	
Getting Ready			Hobbies	
Sleeping			Friends	
Devices			Sport	
Family			Community / Church	
Chilling			Other	
Total			Total	