

Oak Park High School Student Snapshot of Daily Activities

Student Name: _____

Parent Signature _____

SCHOOL DAY

Periods	Subject	Homework Commitment per class
0 (7:20am – 8:20am)		
1 (8:30am – 10:05am)		
2 (8:30am – 10:05am)		
3 (10:25am – 12:05pm)		
4 (10:25am – 12:05pm)		
Lunch (12:05pm – 12:50pm)		
5 (12:50pm – 2:25pm)		
6 (12:50pm – 2:25pm)		
7th period support (2:25pm-3:10pm)		

AFTER SCHOOL

Time	Activities/Homework
3:10 pm	
4:00 pm	
5:00 pm	
6:00 pm	
7:00 pm	
8:00 pm	
9:00 pm	
10:00 pm	SLEEP
11:00 pm	SLEEP
12:00 pm	SLEEP
1:00 am	SLEEP
2:00 am	SLEEP
3:00 am	SLEEP
4:00 am	SLEEP
5:00 am	SLEEP
6:00 am	SLEEP
7:20 am	School starts for 0 period @ OPHS
8:30 am	School starts for periods 1/2 @ OPHS

Time Management Activity

Courtesy of Miramonte High School,
Acalanes School District

FILL THIS OUT FOR YOUR BUSIEST SEMESTER

School Activities

Average Hours/ Week

School (5 days x 7 hours)	35
<i>Course Title</i>	
English:	
Social Studies:	
Math:	
Science:	
Language:	
Electives:	
total school hours:	

Extra-Curricular Activities

Average Hours/ Week

Paid Job	
Hobbies / Interests	
Community Service	
Sports	
Music / Performances	
total extra-curricular hours:	

Daily Living Activities

Average Hours/ Week

Sleep (7 days x 9 hours)	
Necessities (eating, showering, chores, etc.)	
Family Time	
Free Time (friends, TV, phone, Internet, video games, etc.)	
total daily living hours:	

Total Hours

Available Hours/Week

School Hours = _____	Maximum Hours
Extra-Curricular Hours = _____	
Daily Living Hours = _____	
your total hours: <input type="text"/>	168
vs.	