

168 Hours Time Chart

There are 24 hours in every day and 7 days in every week. We all have 168 hours every single week. If we're not careful we can allow unimportant things to take up too much of our time.

Use this chart to mark off regular appointments and responsibilities. Use the remaining boxes to schedule piano practice and other activities that are important to you and your family. If you don't schedule piano practice, chances are it won't happen at all.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Midnight							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
Noon							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							

Complete your chart with the help of your piano parents.

1. According to WebMD, children 7-12 should get 10-11 hours of sleep each night. Children 12-18 are recommended to get 8-9 hours. Decide on an appropriate bedtime and time to wake up each morning. Choose a color to shade in your sleeping hours. (Not your favorite color, let's save that for number 5.) Use a similar color to mark bath time and getting dressed in the morning.
2. Choose a new color to shade in the time you will spend at school. Be sure to include the time traveling to and from school. You might also include time for homework.
3. Next, color in any boxes that represent other activities: sports practices and games, dance classes, **your actual piano lesson**, church activities.
4. If you don't have at least two empty boxes Monday – Friday (at least five or six empty boxes Saturday and Sunday) you should seriously reevaluate your commitments. Too many activities can cause unnecessary stress on the entire family and detract rather than enhance your life.
5. Ideally you will still have several empty boxes each day. Select a time to practice every day and shade that box in with your favorite color. Now you have a plan for regular piano practice.