

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 are 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 to collect lots of practice tallies 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.**

	SUN	MON	TUES	WED	THUR	FRI	SAT
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.

- SLEEP:** Children should aim for 8-10 hours of sleep each night. 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 step 5.) Use a similar color to mark bath time and getting dressed in the morning.
- SCHOOL:** 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.
- OTHER ACTIVITIES:** Next, color in any boxes that represent other activities: sports practices and games, dance classes, **your actual piano lesson**, church activities.
- 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.
- PRACTICE:** Ideally you will still have several empty boxes each day. Select a time you will practice piano and shade that box in with your favorite color. **Now you have a plan for regular piano practice and collecting loads of practice tallies.** Check the leaderboard at www.pianoparentpodcast.com/PIANOEMBER to see if your name tops the list!