

Los Altos High School

This form is to help students select their courses and calculate how they utilize their time each week.

There is a total of 168 hours per week.

Students typically spend 36 hours in classes per week <i>LAHS College Prep courses have an average of 2-3 hours of homework per week;</i> <i>AP and Honor's Courses have an average of 4-5 hours of homework per week.</i>				
	Current course	Fall 2022 Grade	Proposed Course (23-24)	Anticipated Hours of Homework per week
English				
Social Studies				
Math				
Science				
World Language				
Elective				
Elective				
Total Anticipated Homework				

Extra-Curricular Activities	Average Hours per Week
Paid Job	
Hobbies	
Community Service/Volunteer	
Sports	
Music/Performances	
Other	
Total Extra-Curricular Hours	

Daily Living Activities	Average Hours per Week
Sleep (7 days x 9 hours)	
Necessities	
Family Time	
Free Time (friends, TV, video games)	
Other	
Total Daily Living Hours	

Total Hours	
School Hours =	<div style="font-size: 2em; font-weight: bold; margin-bottom: 10px;">168</div> <i>Your total cannot exceed 168 hours.</i>
Extra-Curricular Hours =	
Daily Living Hours =	
Total Hours =	