

## Extracurricular Interests

Finding the balance between academics and extracurricular interests starts with a solid plan. Use the space below to identify activities of interest with your child. Allow your child's interests to drive the conversation. Look for information that would indicate the weekly time commitment as well as the anticipated start and end date for each activity. After gathering information for each of the activities, factor in a few (2 hours) of homework time each evening. With a clearer picture in place for the months ahead choose a set of activities that you can both commit to without becoming overwhelmed.

My current list of activities

Weekly time commitment

Start and end dates

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New activities I'm interested in trying

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I think homework will take \_\_\_\_\_ hours to complete on most nights.

From my estimates above my activities outside of school will take \_\_\_\_\_ hours each day.

I need \_\_\_\_\_ hours of sleep each night in order to stay happy and healthy.

What activities will you participate in this year that will allow you to complete your homework and get a good night's sleep?

My list of activities for the school year

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