

PELHAM MEMORIAL HIGH SCHOOL
COURSE SELECTION/BALANCED LIFESTYLE WORKSHEET

Sometimes school, extracurricular activities, sports, part-time jobs, and responsibilities at home can cause a student's life to feel like a juggling act. Part of selecting your classes for next year includes thinking about how you can maintain a healthy, balanced lifestyle. Please use this worksheet to list all of the courses that you are considering for next year. Also include extracurricular activities such as clubs, volunteer work, lessons, athletics, and other jobs or commitments at home.

(Required classes include Math, Science, Social Studies, English, Foreign Language, Art and Music, and Physical Education.)

Academic Responsibilities	
1st course (English)	
2nd course (Math)	
3rd course (Science)	
4th course (Social Studies)	
5th course (For.Lang.)	
6th course (Art/Music)	
7th course	
8th course	
9th course	
10th course	

Other Responsibilities- Extracurr. Clubs, Activities, Athletics, Jobs (at Home/Outside of School)	
Activity	Time Commitment (days/hours)
Sleep	A healthy amount - teenagers require 8 hours minimum
Clubs/Activities	
Athletics	
Volunteering/Jobs	

QUESTION TO PONDER:
Do I have enough time to enjoy my family and friends? Do I have enough time to spend on my fitness and leisure activities? Do I have enough time to accomplish everything I hope to accomplish?