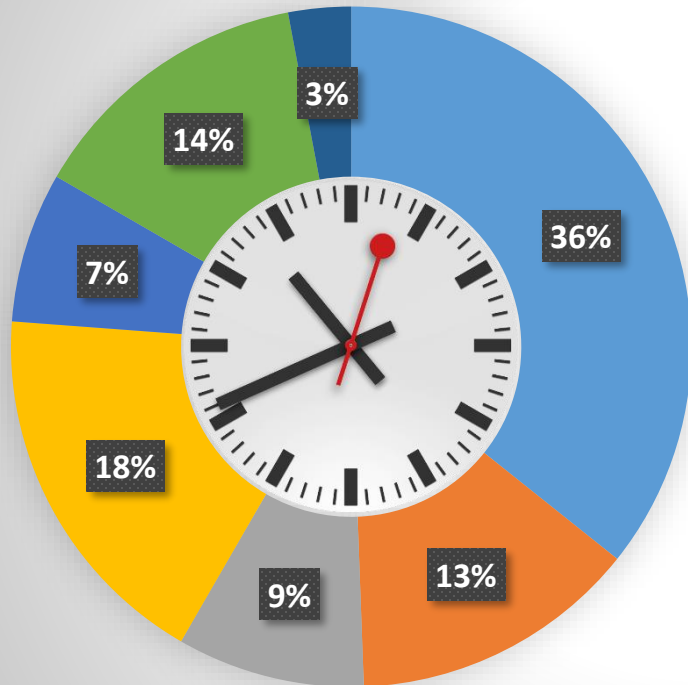


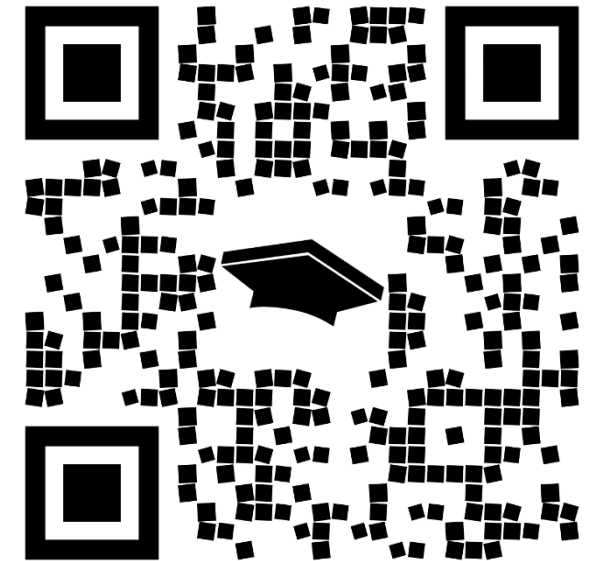
Horaire équilibré - Secondaire

Voici à quoi pourrait ressembler ta semaine, en moyenne

168 heures par semaine



- Sommeil (60 hres)
- Repas - Soins (23 hres)
- Travail (10 - 15 hres)
- École (30 hres)
- Études - Travaux scolaires (12 hres)
- Loisirs - Vie sociale et familiale (23 hres)
- Transport (5 hres)

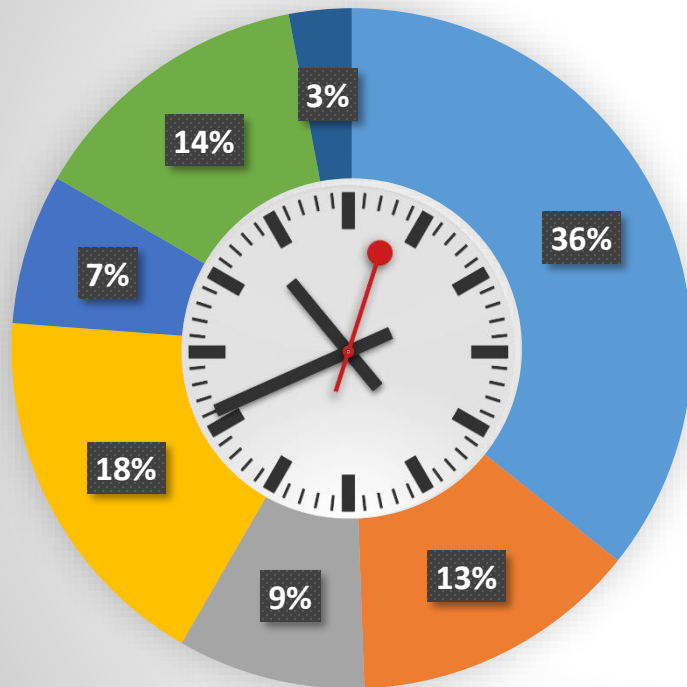


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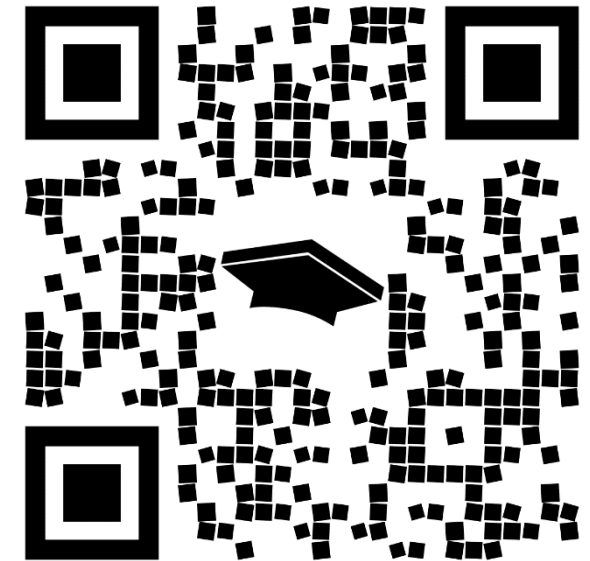
Balanced Schedule – High School

Your schedule could look like this, on average

168 hours per week



- Rest (60 hrs)
- Meals - Selfcare (23 hrs)
- Work (10 - 15 hrs)
- School (30 hrs)
- School work and projects (12 hrs)
- Entertainment - Social and Family time (23 hrs)
- Transport - Commute (5 hrs)



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