

Time Management and Health - Math

1) You have planned activities of 30 minutes, 15 minutes, 1.5 hours, and .75 hours. How many total hours of activity do you have planned?

- a) 1
- b) 2
- c) 2.5
- d) 3

Step 1: Convert everything to minutes

30 min = _____ minutes
15 min = _____ minutes
1.5 hrs = 1 hour equals how many minutes? _____ minutes

.5 hours = how many minutes? _____ minutes
.5 = one half of an hour
So you take how many minutes are in 1 hour and divide it half
_____ ÷ 2 = _____ minutes

.75 hours = this is not a full hour but .75 of an hour
You can multiple the minutes in an hour _____ x .75 = _____ minutes

Add all the minutes up
_____ = _____ minutes

If you got more than 60 minutes you need to convert it to hours
Divide the number above by 60
_____ ÷ 60 = _____ hours

Final Answer:

If the number is even (with no spare time you have your answer)

= _____ hours

2) For job A, you work 8 hours per day on weekends (Sat. and Sun.). For job B, you work 4 hours a day on Monday through Friday. The jobs pay the same hourly rate. Which pays more per week?

- a) Job A
- b) Job B
- c) They pay the same
- d) Can't tell

Step 1: Figure out how many hours work at each job

Job A you work 8 hours per week day.

How many days in a weekend _____

So take 8 hours per day x _____ days in a week = _____ hours

Job B 4 hours per day Monday thru Friday.

How many days in the week _____

So take 4 hours per day x _____ = _____ hours

Final Answer:

Which job do you get more hours?

3) Assuming you sleep 8 hours per day, how many hours do you have left for other activities during the week?

- a) 98 hours
- b) 100 hours
- c) 111 hours
- d) 112 hours

Step 1: How many hours in a day?

Less: How many hours do you sleep in a day?

How many hours are left in a day?

_____ hours

_____ hours

_____ hours

Step 2: The question is asking about how many hours are left in a week

How many days are in a week?

Multiply the days in the week by the days left after sleeping each day



_____ days

Final Answer:

How many hours are left in the week after sleeping?

= _____ hours

4) 1.45 hours equals how many minutes?

- a) 95 minutes
- b) 100 minutes
- c) 105 minutes
- d) 110 minutes

Step 1: Convert 1.45 hours to minutes

1.45 hrs = 1 hour equals how many minutes?

.45 hours = how many minutes?

.45 of an hour is

= .45 x (_____ minutes in an hour)

_____ minutes



_____ minutes

Final Answer:

How many minutes in 1.45 hours?

= _____ minutes

5) Your schedule leaves you 45 minutes to get to work. You can travel the whole way by bus which averages 22 mph. Work is 11 miles away. Will you make it on time?

- a) Yes
- b) No
- c) Can't Tell

Step 1: You have 45 minutes to get to work

Step 2: You have to travel 11 miles at 22 miles per hour

You can travel 22 mile in one hour = how long will it take you to travel 11 miles?

22 miles
60 mph

=

11 miles

answer is _____ minutes

How would you solve this problem? What answer did you get?

Final Answer:

Can you make the trip in 45 minutes?
