The 168 Worksheet

Count every hour of one real week. Start at 168 and subtract.

YOUR NURSE KNOWS
Night Shift Life, Home & Self-Care

Week of: _____ **Shift:** ☐ Day ☐ Night ☐ Rotating

Start here		**168**
Real shift hours, all shifts	−	
Commute, door to door	−	
Getting ready before shifts	−	
Sleep you actually got	−	
Recovery fog hours	−	
Errands and admin	−	
Hours that are actually yours	=	

How you compare

On paper (4 days off)	Typical day shift 3x12	Typical night shift 3x12
96 hrs	**about 57 hrs**	**about 55 hrs**

My biggest leak: _____

One hour I will reclaim first: _____

Rerun date (3 to 4 months): _____

Count real, not scheduled
Use clock-out times, door-to-door drives, and actual sleep.

Fog counts
Any 30+ minutes awake but useless goes in recovery.

One change at a time
Run it for a full stretch before adding another.

The 168 Worksheet

One square per hour, shaded in four colors.

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Night Shift Life, Home & Self-Care

W Work + commute **S Sleep** **R Recovery + errands** **F Free time**

	12a	1	2	3	4	5	6a	7	8	9	10	11	12p	1	2	3	4	5	6p	7	8	9	10	11
Day 1 shift / off																								
Day 2 shift / off																								
Day 3 shift / off																								
Day 4 shift / off																								
Day 5 shift / off																								
Day 6 shift / off																								
Day 7 shift / off																								

Count your squares

Work + commute	Sleep	Recovery + errands	Free time

All four totals should add up to 168. If they don't, an hour is hiding somewhere.

Notes from this week