

GRADE 7 MATHEMATICS

Time, Calendars & Time Zones

Complete Printable Worksheet Pack

Includes	6 Practice Worksheets + 6 Answer Keys
Skills	Advanced Time • Calendars • Leap Years • Time Zones • International Scheduling • Reasoning
Level	Grade 7 / International Curriculum Friendly
Format	A4 • Print Ready

Worksheet 1 — Advanced Time Calculations

Name: _____ Date: _____

1. A film starts at 18:45 and lasts 2 h 35 min. What time does it finish?
2. A train leaves at 06:48 and arrives at 14:17. Find the journey duration.
3. A meeting begins at 09:35 and lasts 1 h 50 min. It is followed by a 25-minute break. When does the next session begin?
4. A flight leaves at 22:40 and lasts 7 h 35 min. What is the arrival time on a 24-hour clock?
5. A sports event starts at 13:25. There are three rounds lasting 42 min, 55 min and 1 h 10 min, with 15-minute breaks between rounds. When does it finish?
6. A student studies from 17:20 to 18:45, takes a 20-minute break, then studies until 20:10. Find total study time.
7. A bus journey takes 4 h 25 min. It must arrive at 16:40. What is the latest departure time?
8. A digital timer shows 01:15:30. How many minutes and seconds is this?
9. A race begins at 07:58:40 and ends at 09:21:15. Find the elapsed time.
10. A task takes 95 minutes. Express this as hours and minutes, and as a decimal number of hours.

Show your working clearly. For time zones, use the fixed offsets stated in the worksheet.

Answer Key — Worksheet 1

Check dates, day changes, time-zone offsets and elapsed time carefully.

1. 21:20
2. 7 h 29 min
3. 11:50
4. 06:15 the next day
5. 17:17
6. 2 h 30 min
7. 12:15
8. 75 min 30 sec
9. 1 h 22 min 35 sec
10. 1 h 35 min = 1.583... h

Worksheet 2 — Calendars, Dates & Leap Years

Name: _____ Date: _____

1. Is 2028 a leap year? Explain using the leap-year rule.
2. Is 2100 a leap year? Explain.
3. Is 2000 a leap year? Explain.
4. How many days are there from 15 March to 2 April, excluding 15 March but including 2 April?
5. A project begins on 20 June and lasts 45 days. On what date does it finish if the starting day is Day 1?
6. A 30-day challenge begins on 5 September. What date is Day 30?
7. If 1 January is a Monday in a non-leap year, what day of the week is 1 March?
8. If 1 January is a Thursday in a leap year, what day of the week is 1 March?
9. How many days are there in total in a 4-year period containing exactly one leap year?
10. A library book is borrowed on 18 November for 21 days. On what date is it due if the borrowing date is Day 1?

Show your working clearly. For time zones, use the fixed offsets stated in the worksheet.

Answer Key — Worksheet 2

Check dates, day changes, time-zone offsets and elapsed time carefully.

1. Yes; divisible by 4 and not a century year.
2. No; century years must also be divisible by 400.
3. Yes; 2000 is divisible by 400.
4. 18 days
5. 3 August
6. 4 October
7. Wednesday
8. Sunday
9. 1,461 days
10. 8 December

Worksheet 3 — Time Zones

Name: _____ Date: _____

Use these fixed time differences for this worksheet: New York = UTC−5, London = UTC+0, Dubai = UTC+4, Delhi = UTC+5:30, Tokyo = UTC+9.

1. When it is 12:00 in London, what time is it in Delhi?
2. When it is 18:00 in Delhi, what time is it in London?
3. When it is 09:30 in Dubai, what time is it in Tokyo?
4. When it is 16:00 in London, what time is it in New York?
5. A video call is at 20:00 in Delhi. What time is it in London and New York?
6. A flight leaves London at 21:30 UTC and takes 9 hours to reach Delhi. What is the local arrival time in Delhi?
7. A meeting is scheduled for 10:00 in New York. What time is that in Delhi?
8. A Tokyo team works from 09:00 to 17:00 Tokyo time. What are those times in London?
9. A flight leaves Delhi at 23:00 and takes 8 hours to reach London. What is the London arrival time?
10. A webinar begins at 15:00 UTC. Give the start time in Delhi, Dubai and Tokyo.

Show your working clearly. For time zones, use the fixed offsets stated in the worksheet.

Answer Key — Worksheet 3

Check dates, day changes, time-zone offsets and elapsed time carefully.

1. 17:30
2. 12:30
3. 14:30
4. 11:00
5. London 14:30; New York 09:30
6. 06:30 next day in Delhi
7. 20:30 Delhi
8. 00:00 to 08:00 London
9. 01:30 next day London
10. Delhi 20:30; Dubai 19:00; Tokyo 00:00 next day

Worksheet 4 — International Journey Planning

Name: _____ Date: _____

Use the same fixed time zones as Worksheet 3.

1. A flight leaves Delhi at 22:30 and arrives in Dubai after 3 h 30 min. What is the local arrival time in Dubai?
2. A flight leaves London at 08:00 and arrives in Delhi after 8 h 30 min. What is the local arrival time in Delhi?
3. A traveller leaves New York at 19:00 and flies for 7 hours to London. What is the local arrival time in London?
4. A video meeting starts at 18:30 Delhi time and lasts 2 h 15 min. What time does it finish in London?
5. A Tokyo flight leaves at 23:30 and lasts 11 hours to Dubai. What is the local arrival time in Dubai?
6. A traveller needs to be at a Delhi airport at 18:00. The journey takes 1 h 20 min and they want a 30-minute buffer. What time should they leave?
7. A London meeting is scheduled for 14:00. A Delhi participant needs 45 minutes to prepare and wants to finish preparation by the meeting time. At what Delhi time should preparation begin?
8. A flight leaves Dubai at 02:15 and arrives in Tokyo after 9 h 30 min. What is the local arrival time in Tokyo?
9. A call begins at 07:00 New York time and lasts 90 minutes. What are the start and finish times in Delhi?
10. A traveller leaves Delhi at 20:00 Monday. The flight to New York takes 15 hours. What is the local arrival time in New York?

Show your working clearly. For time zones, use the fixed offsets stated in the worksheet.

Answer Key — Worksheet 4

Check dates, day changes, time-zone offsets and elapsed time carefully.

1. 00:30 next day Dubai
2. 22:30 Delhi
3. 08:00 next day London
4. Finish 20:45 Delhi = 15:15 London
5. 05:30 next day Dubai
6. 16:10
7. 19:15 Delhi
8. 07:45 Tokyo
9. Start 17:30 Delhi; finish 19:00 Delhi
10. 00:30 Tuesday New York

Worksheet 5 — Calendars, Scheduling & Real-Life Problems

Name: _____ Date: _____

1. A school term starts on 3 September and lasts 12 weeks. How many days is this? What date is 12 weeks after 3 September?
2. A project has four stages lasting 8, 12, 15 and 10 working days. Ignoring weekends and holidays, how many working days are needed?
3. A competition is held every 3 weeks starting on 6 January. Give the dates of the next four competitions.
4. A subscription renews every 28 days. If the first payment is on 10 February, what are the next three payment dates in a non-leap year?
5. A train leaves at 23:45 and arrives at 05:20 the next day. Find the journey duration.
6. A conference runs from 09:15 to 17:30 with a 45-minute lunch and two 15-minute breaks. Find the actual session time.
7. A student has three study blocks: 16:20–17:05, 17:30–18:20 and 19:00–19:45. Find the total study time.
8. A parcel is sent on Friday 14 March and is expected in 5 calendar days. On what date should it arrive?
9. A monthly meeting is held on the last Friday of each month. If one meeting is on 27 June, give the date of the next two last Fridays.
10. A 90-minute exam begins at 14:35. Students need 10 minutes before the exam for instructions. What time should they be seated, and when does the exam finish?

Show your working clearly. For time zones, use the fixed offsets stated in the worksheet.

Answer Key — Worksheet 5

Check dates, day changes, time-zone offsets and elapsed time carefully.

1. 84 days; 26 November
2. 45 working days
3. 27 January, 17 February, 10 March, 31 March
4. 10 March, 7 April, 5 May
5. 5 h 35 min
6. 6 h 45 min
7. 2 h 20 min
8. 19 March
9. 25 July and 29 August
10. Seated by 14:25; finish 16:05

Worksheet 6 — Time, Calendars & Time Zones Challenge

Name: _____ Date: _____

Use these fixed time differences: New York UTC−5, London UTC+0, Dubai UTC+4, Delhi UTC+5:30, Tokyo UTC+9.

1. A live event starts at 23:30 UTC and lasts 2 h 45 min. Give the finish time in Delhi and Tokyo.
2. A flight leaves New York at 21:40 and takes 7 h 20 min to London. Find the local arrival time in London.
3. A flight then leaves London 1 h 15 min after arrival and takes 8 h 40 min to Delhi. Find the local arrival time in Delhi.
4. A project starts on 28 February in a leap year and lasts 72 days, with Day 1 as 28 February. What date is Day 72?
5. A 3-year plan starts on 1 July 2025. How many days are covered through 30 June 2028?
6. A train journey starts at 22:48 and lasts 6 h 37 min. It then waits 42 min before a second journey of 3 h 25 min. Find the final arrival time.
7. A recurring event happens every 35 days. If it occurs on 12 January, what are the next four dates?
8. A meeting is at 09:00 Tokyo time. It lasts 2 h 30 min. What are the start and finish times in New York?
9. A traveller leaves Delhi at 19:30 on Tuesday for a 13 h 45 min flight to New York. Find the local arrival time and day.
10. A webinar is scheduled for 16:00 London time. A Delhi participant needs 30 minutes of preparation, and a Tokyo participant needs 45 minutes. What local times should each participant begin preparing?

Show your working clearly. For time zones, use the fixed offsets stated in the worksheet.

Answer Key — Worksheet 6

Check dates, day changes, time-zone offsets and elapsed time carefully.

1. Delhi 07:45 next day; Tokyo 11:15 next day
2. 04:00 next day London
3. 13:55 Delhi
4. 9 May
5. 1,096 days
6. 09:32 next day
7. 16 February, 23 March, 27 April, 1 June
8. New York start 19:00 previous day; finish 21:30 previous day
9. 22:45 Tuesday New York
10. Delhi 21:00; Tokyo 00:15 next day