

Where Does the Time Go? Worksheet

Self-Assessment Exercise

Estimate the number of hours you spend on each task:

Number of hours of sleep each night		X	7	=	
Number of hours spent grooming each day		X	7	=	
Number of hours for meals/snacks (including preparation/clean-up time)		X	7	=	
Travel time to and from work/school		X		=	
Number of hours per week for regular activities (exercise, volunteer work, intramurals, church, clubs, etc...)		X		=	
Number of hours per day of errands, etc.		X		=	
Number of hours of work per week				=	
Number of hours for hobbies/leisure				=	
Number of hours per week with friends, social parties, going out, watching TV, etc.				=	
Number of hours of TV and computer		X		=	

TOTAL:

168 Hours in a week