

# TIME BUDGET WORKSHEET

Think back on each day for the past week and account for all your hours as accurately as possible.

ACTIVITY	MON	TUES	WED	THURS	FRI	SAT	SUN
OFFICE / WORK HOURS							
REST							
COMMITTED TIME (CHURCH, VOLUNTEER WORK)							
MEALS							
EXERCISE							
FAMILY							
PERSONAL							
TECH (EMAIL, SOCIAL MEDIA)							
TV							
OTHERS							