

# TIME BUDGET SHEET

TOTAL NUMBER OF HOURS AVAILABLE		168
Minus hours in the office / school per week		
Minus hours of hobby / study time per week		
Minus hours of sleep time/personal hygiene per week		
Minus hours of committed time per week (e.g. job, church, regular meetings)		
Minus hours of meal time per week (include coffee stops!)		
Minus hours of exercise per week		
Minus hours of family time per week		
Minus hours of laundry, shopping, personal errands per week		
Minus hours of television per week		
Minus hours of email, video games, etc.		
Minus hours of other recreation per week (movies, parties, etc.)		
Minus other (miscellaneous)		
FINAL BALANCE (+) or (-)		