 **So much to do… and only 168 hours!**

Name:

Occupation:

***Think of the following activities***

|  |  |  |  |
| --- | --- | --- | --- |
| Sports & Recreation | HikingBikingSkiingSwimmingWorking OutBoatingSkating | Part-Time Job | TypistServerTaxi-DriverBaby-SitterCake BakerElection Worker |
| Entertainment | MoviesVideo RentalAttend Pro GamesConcertsTheatre | Quiet Time | ReadingBoard GamesWatching T.V.ChessComputer Games |
| Hobbies | PaintingPhotographyWoodworkingNeedleworkDrawingModel-MakingGardening | Volunteer Work | HospitalBoy/Girl ScoutsRotary, KinsmenFund-RaisingEcology GroupAnimal WelfareBig Brother/Big Sister |
| Out-Of-Doors | WalkingBird WatchingSitting OutsideCamping | Education | New HobbiesOccupation RelatedFinishing a DegreeNew Skills, First Aid |
| Socializing | Eating OutEating InVisiting FriendsVisiting Family |  |  |

***Where Does the Time Go?***

|  |  |  |
| --- | --- | --- |
| **Activity** | **Hours x # of Days** | **Hours/Week** |
| Working |  |  |
| Traveling |  |  |
| Preparation |  |  |
| Sleep |  |  |
| Laundry |  |  |
| Meals |  |  |
| Shopping |  |  |
| Repairs and Chores |  |  |
| Cleaning and Bills |  |  |
| Leisure Time (see job description page and break down into specific activities on next chart) | \* |
| **Total Hours in a Week** | 168 |

***Leisure Time***

|  |  |  |
| --- | --- | --- |
| **Activity** | **Hours x # of Days** | **Hours/Week** |
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| **Total Leisure Hours per Week** | \* |

***Graph: one block equals one hour***

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***Legend:***

Work

Travel

Preparation

Sleep

Laundry

Meals

Shopping

Repairs

Cleaning

*Leisure:*