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

Name:

Occupation:

***Think of the following activities***

|  |  |  |  |
| --- | --- | --- | --- |
| Sports & Recreation | Hiking  Biking  Skiing  Swimming  Working Out  Boating  Skating | Part-Time Job | Typist  Server  Taxi-Driver  Baby-Sitter  Cake Baker  Election Worker |
| Entertainment | Movies  Video Rental  Attend Pro Games  Concerts  Theatre | Quiet Time | Reading  Board Games  Watching T.V.  Chess  Computer Games |
| Hobbies | Painting  Photography  Woodworking  Needlework  Drawing  Model-Making  Gardening | Volunteer Work | Hospital  Boy/Girl Scouts  Rotary, Kinsmen  Fund-Raising  Ecology Group  Animal Welfare  Big Brother/Big Sister |
| Out-Of-Doors | Walking  Bird Watching  Sitting Outside  Camping | Education | New Hobbies  Occupation Related  Finishing a Degree  New Skills, First Aid |
| Socializing | Eating Out  Eating In  Visiting Friends  Visiting 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:*