



## Identify How You Spend Your Time

Identify the estimated and actual hours you spend on the following items below per week.

| Activity                   | Estimated Hours Per Week | Actual Hours Per Week |
|----------------------------|--------------------------|-----------------------|
| Sleeping                   |                          |                       |
| Time with Family           |                          |                       |
| Studying                   |                          |                       |
| Working                    |                          |                       |
| Exercise                   |                          |                       |
| Shopping                   |                          |                       |
| Household Responsibilities |                          |                       |
| Volunteer Activities       |                          |                       |
| Relaxation                 |                          |                       |
| Hobbies or Entertainment   |                          |                       |

This worksheet allows you to understand how many hours you set aside for a particular activity and if the time of the activity should be reduced or increased. Do you think you need to increase or decrease your allotted hours for any of the activities?