

Where Does All the Time Go?

Name: _____

Job: _____



Hours of work.....

MUST DO ACTIVITIES	HOURS X # OF DAYS	HRS./WK.
Working	___ X ___ =	
Sleeping	___ X 7 =	
Getting ready (showering, dressing, etc.)	___ X ___ =	
Traveling (to and from work)	___ X ___ =	
Laundry	___ X ___ =	
Meals	___ X 7 =	
Shopping	___ X ___ =	
Cleaning & chores	___ X ___ =	
Budgeting & bills	___ X ___ =	
Total hours in a week		
Total hours of Must Do Activities		_____
Time remaining		