Time Chart

Indicate the average number of hours you spend on each activity every day. Then total the hours for each day and for the week.

Activities	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Hours
Sleeping								
Working								
Commuting								
Grooming								
Household Chores (Cooking, Cleaning, etc.)								
Child Care								
Being with Friends or Family								
Errands								
Watching TV								
Shopping								
Paying Bills								
Reading								
Learning and Studying								
Worrying								
Hobbies								
Volunteering								
Being Alone								
Resting and Relaxing								
Having Fun								
Taking Care of Health								
Other								
Total								