My Weekly Time Budget

Use the table below to ascertain how your Personal Time is used during the week. Each block represents 30 minutes of your time. Fill out the worksheet once with your estimations and a second time after you've diligently tracked your time over the course of an additional week. You may end up with categories such as "unexpected events" or "kids' extracurriculars" in addition to typical categories such as "sleep", "cooking", "housework", "commute", "work".