

<b>TIME</b>
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ACTIVITY	M O N	T U E	W E D	T H U	F R I	S A T	S U N	TOTAL WEEKLY HOURS	AVERAGE WEEKLY HOURS (Total # / 7)
Sleep									
<b>Paid Work</b> Job, freelance clients, etc.									
<b>Self Development</b> Classes, reading, mentoring, volunteering, etc.									
<b>Wellness</b> Working out, self-care, etc.									
<b>Relationships</b> Spending intentional time with family, friends, coworkers, etc.									
<b>Spiritual Development</b> Prayer, Scripture-reading, journaling, research, Group, etc.									
<b>Play</b> Shopping, casual reading, hobbies, etc.									
<b>Distractions</b> Social Media, bingeing TV, etc.									
<b>Maintenance</b> Running errands, driving places, getting ready, chores, etc.									
<b>AVAILABLE HOURS</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>24</b>	<b>168</b>	

<b>MON</b>	Observations:
<b>TUES</b>	Observations:
<b>WED</b>	Observations:
<b>THURS</b>	Observations:
<b>FRI</b>	Observations:
<b>SAT</b>	Observations:
<b>SUN</b>	Observations: