

Where Does the Time Go?

The following table can be used to assist workers and families in determining how their 168 hours is spent each week as they prepare their 168-hour plan.

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Appointments								
Child time								
Classes, trainings, or groups								
Computer time								
Dressing and hygiene								
Driving								
Exercising								
Gardening or yard work								
Housework								
Personal time								
Preparing and eating meals								
Reading or studying								
Recreation and entertainment								
School								
Sleeping								
Waiting for children or others								
Watching TV								
Work								
Totals								