Monthly Time Chart

| TIME EXPENSES | ESTIMATED AMOUNT OF TIME SPENT IN HOURS | PERCENT OF TIME USED (BASED ON 24-HOUR DAY) |
|---|---|---|
| Sleeping | | |
| Eating | | |
| Preparing for meals | | |
| Commuting | | |
| Exercising | | |
| Working | | |
| Traveling for work (not commuting) | | |
| Getting kids ready for school/bed | | |
| Doing homework (yours or your children's) | | |
| Attending school | | |
| Spending time as a household | | |
| Maintaining personal hygiene | | |
| Engaging in leisure time | | |
| Driving family members/friends | | |
| Grocery shopping | | |
| Doing laundry | | |
| Cleaning the house | | |
| Socializing with friends | | |
| Browsing social media | | |
| Watching television/other screen viewing (includes internet time other than social media) | | |
| Attending hair/nail appointments | | |
| Engaging in self-care activities | | |
| Participating in extracurricular activities (yours or your children's) | | |
| Attending health appointments | | |
| Dating/romantic activities | | |
| Spending time with extended family | | |
| Worshiping | | |
| Total monthly hours expended: | 4 | |

| lotal monthly hours expended: |
|---|
| Balance: |
| Percent of time spent (weekly hours expended divided by 720): |

