

TIME STUDY

We each are given 168 hours a week. How do we spend them? In the blanks provided (or on a separate sheet of paper with its own blanks), examine your personal schedule and write in how much time he spends each week on each listed activity.

Priority Assessment Exercise

- | | |
|---|---|
| <input type="checkbox"/> Sleeping | <input type="checkbox"/> Housework |
| <input type="checkbox"/> Eating | <input type="checkbox"/> Commuting |
| <input type="checkbox"/> Family time | <input type="checkbox"/> Class and homework |
| <input type="checkbox"/> Visiting with others | <input type="checkbox"/> Bible study (preparation and meetings) |
| <input type="checkbox"/> Relaxing; personal time | <input type="checkbox"/> Prayer |
| <input type="checkbox"/> Exercise program | <input type="checkbox"/> Fellowship |
| <input type="checkbox"/> Employment | <input type="checkbox"/> Ministry |
| <input type="checkbox"/> Home and car maintenance | <input type="checkbox"/> Dressing, shaving, shower, make-up, etc. |
| <hr/> | <hr/> |

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
FRIDAY	SATURDAY	SUNDAY	