



### TIME EVALUATION SHEET

<b>Activities</b>	<b>Time Spent (hours)</b>
Employment	
Family	
Chores and Errands	
Exercise	
Commuting	
Preparing meals	
Sleep	
Personal Care	
Volunteer Activities	
Church, clubs, etc.	
Other: _____	
Other: _____	
Other: _____	
<b>Total Activity Time:</b>	
<b>Totals Free Time:</b> <b>(168 hours in a week minus time spent)</b>	