WORK-LIFE BALANCE TIME DIARY

Classify the following activities by importance to you

Reading

Time with your partner Work Exercise Time with friends Time with your children Time for you Shopping Sleeping Eating Hobbies

Studying

Volunteer time Add any relevant ones

Once you've classified them, estimate the hours you spend a week doing each activity. Then record honestly what you do in a week and hours spent on each activity.

Activity	Est. time	Time spent Date:	Your comment						

What do you do too much of?

What would you like doing more of?