



# Life Balance Chart

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30/7:00 am							
7:00/7:30 am							
7:30/8:00 am							
8:00/8:30 am							
8:30/9:00 am							
9:00/9:30 am							
9:30/10:00 am							
10:00/10:30 am							
10:30/11:00 am							
11:00/11:30 am							
11:30/12:00 am/pm							
12:00/12:30 pm							
12:30/1:00 pm							
1:00/1:30 pm							
1:30/2:00 pm							
2:00/2:30 pm							
2:30/3:00 pm							
3:00/3:30 pm							
3:30/4:00 pm							
4:00/4:30 pm							
4:30/5:00 pm							
5:00/5:30 pm							
5:30/6:00 pm							
6:00/6:30 pm							
6:30/7:00 pm							
7:30/8:00 pm							
8:00/8:30 pm							
8:30/9:00 pm							
9:00/9:30 pm							
9:30/10:00 pm							
10:00/10:30 pm							
10:30/11:00 pm							
11:00/11:30 pm							
11:30/12:00 pm/am							

### Life Balance Category Suggestions

- Work • Commuting - to & from work
- Carpooling - driving kids to & from activities
- Community volunteering • Church and/or associated activities
- Exercise/Fitness - working out in the gym, running, cycling, swimming, etc. • Hobbies - Reading, playing, etc.
- Meal prep & eating • Household chores laundry, dishes, cleaning, yard work, etc.
- Television/Computer - FaceBook, video games, Google searches, email, internet activities, etc.
- Paying bills