

Daily Time Budget

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		
Worshipping		

Total daily hours expended: \_\_\_\_\_  
Balance: \_\_\_\_\_  
Percent of time spent (daily hours expended divided by 24): \_\_\_\_\_