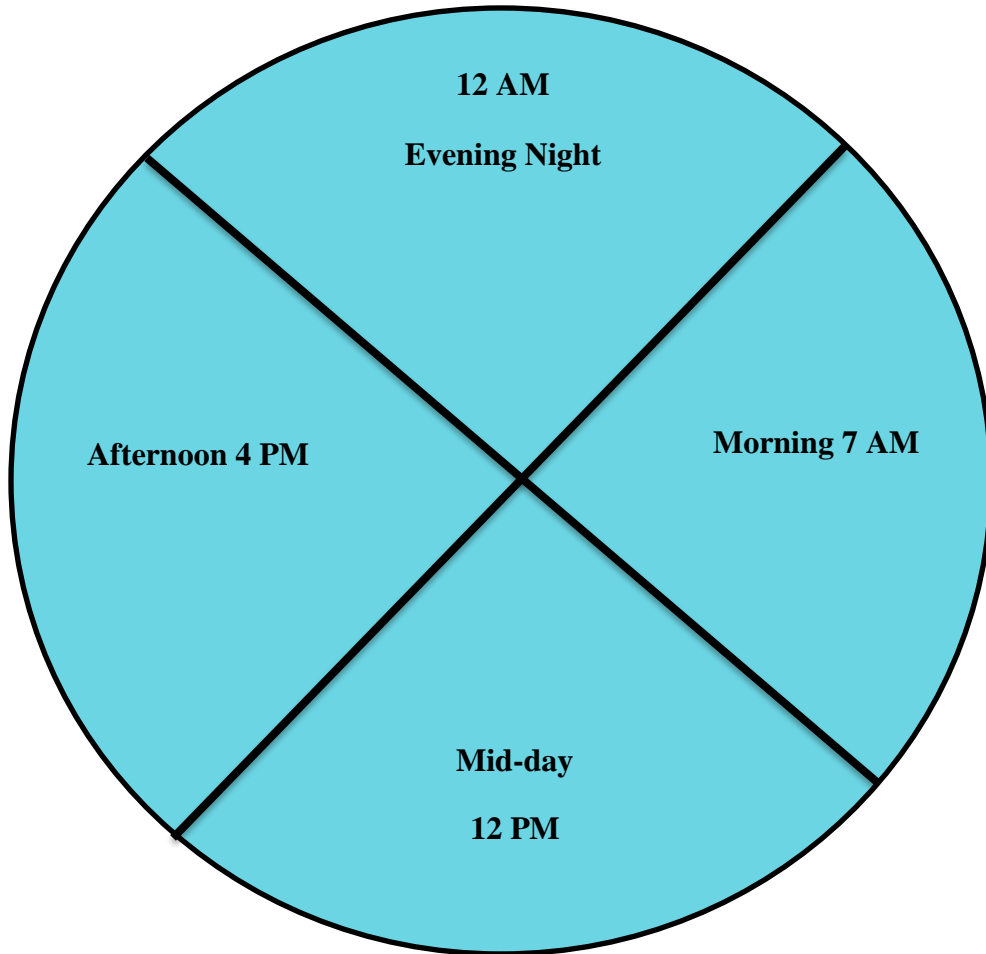


Lifestyle Management: Daily Time Structure

24 Hours



How many hours a day do you spend doing the things listed below:

Work _____ Sleep _____
Leisure/ Hobbies _____ Free Time _____ Chores _____

Directions:

How do you spend your day? Write any activities that you participate in - down in the appropriate sections of the circle.

How many hours a day do you think you spend on work, leisure/hobbies, free time, house-hold chores, and sleep? Fill in the amount next to each category. (Categories are listed below the circle).

Questions to answer:

1. Are you satisfied with the amount of leisure you are participating in during the day? If not, how would you change it to meet your satisfaction level?

2. If you could, what would you add or subtract from the circle and why?
