

There are only 24 hours in a day!

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
0100							
0200							
0300							
0400							
0500							
0600							
0700							
0800							
0900							
1000							
1100							
1200							
1300							
1400							
1500							
1600							
1700							
1800							
1900							
2000							
2100							
2200							
2300							
2400							

How many hours do you spend each week doing the following activities:

Teaching/Research /Other work obligations	
1.	
2.	
3.	
4.	
5.	
6.	
Total hours for work:	
Sleeping	
Driving (to work, as a chauffeur for family members, etc.)	
Shopping, Cooking, Eating (do your laundry while cooking)	
Family related obligations	
Volunteer work	
Commitments (spiritual, community, relatives, friends)	
Socializing, Entertainment, TV (fold your laundry while watching TV or socializing)	
Other	
Total (Earth has 168 hours in a week.)	