

Time Budget (Sample)

Activities	Type				Time		Changes Needed
	Essential	Energy Giving	Energy Taking	Planned Generosity	Hours Required in 7 days (168)	Hours Required in 28 Days (672)	How to Make Needed Changes
List All Your Activities							
Nightly Sleep					49		Start with 50/week or 200/month
Family							Minimum 17 hours/week
Meals together (10 per week)	x	x			5		
Family devotions	x	x			3		
Attend/serve church together	x	x			2		
Play time with kids	x		x		7		
Date night	x	x			1	4	
Time with spouse	x	x			7		
Work							
Base work hours	x				40		
Commute to/from work	x				10		
Overtime			x		5		
Side jobs for extra \$			x		5		
Maintenance							
Getting ready for the day	x		x		5		
Exercise			x		3		
House repairs & yard work	x		x		1	4	
General chores	x		x		4		
Doing the budget	x		x		0.5		
Recreation							
Sleeping in or nap	x	x			2		
Personal devotions	x	x			3.5		
Sports league		x			2		
Watching television					14		
Ministry							
Lead small group	x	x		x	2		
Preparation for small group	x		x	x	1		
Other ministry		x		x	2		
Spontaneous generosity			x		3		If no time put here, then always "in the way"
Other							
Talking to parents		x			2		
Kids' sporting events			x		5		
Miscellaneous					9	35	5% for general inefficiency of life
Total Time I've Planned					193		
Time God Has Provided					168	672	