

Time Budget (Blank)

Activities	Type				Time		Changes Needed
List All Your Activities	Essential	Energy Giving	Energy Taking	Planned Generosity	Hours Required in 7 days (168)	Hours Requires in 28 Days (672)	How to Make Needed Changes
Sleep / Rest							Start with 50 /week or 200 /month
Family							Minimun 17 hours / week
Work							
Maintenance							
Recreation							
Ministry							
Spontaneous Generosity							If no time put here, then always "in the way"
Other							
Miscellaneous					9	35	5% for general inefficiency of life
Total Time I've Planned							
Time God Has Provided					168	672	