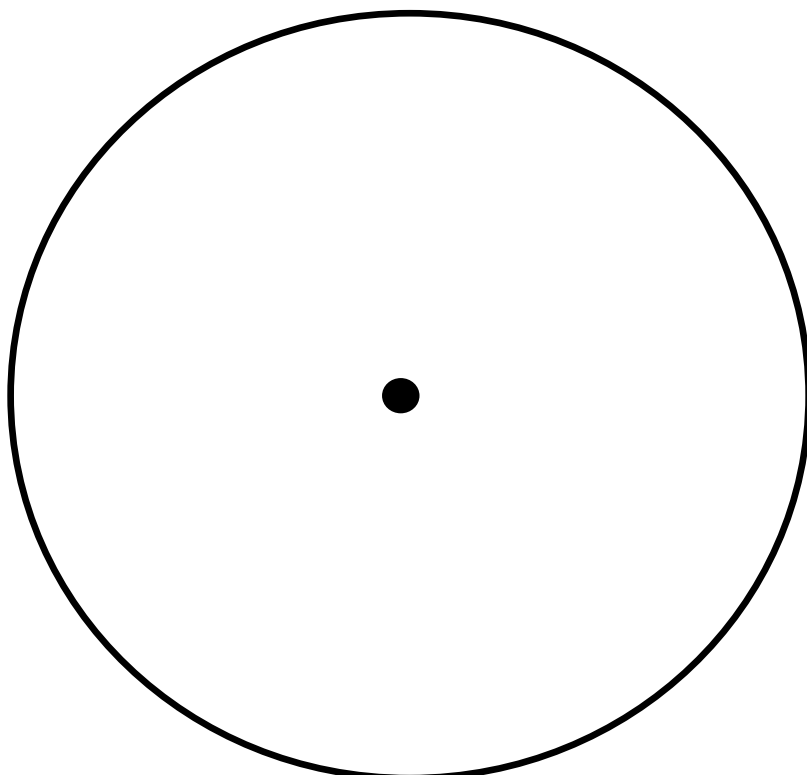


Daily Activity Wheel

The daily activity wheel is a tool that will visually show how you utilize your day. Consider each type of activity listed in the table below. Estimate how much time (in hours) you spend on each activity during an average day. Next, divide the estimated time by 24 to calculate what percentage of your day that activity is typically performed. Assign a color to represent each activity on the circle. Now transfer the information to the wheel. Beginning at the dot in the center of the circle, draw lines outward to depict the percentage of a day for each activity. Once you have accounted for each activity, color in the corresponding section of the chart. Then look at your completed activity wheel and see how you spend your time on a daily basis.



Activity	Description/Examples	Est. Time	% of Day	Color
Sleeping	Solid hours; if interrupted sleep use a dotted line			
Eating	Preparation and clean-up included			
Grooming	Hair, nails, makeup, etc.			
Exercising	Walking, yoga, swimming, weightlifting, etc.			
Working	Tasks, phone calls, e-mails, meetings, paperwork			
Driving	Commuting, chauffeuring family			
Using electronics	TV, computer, cellphone, video games			
Spending time w/ children	Playing games, talking, reading, etc.			
Spend time w/ spouse	Loving, communicating, exploring, etc.			
Spend time w/ yourself	Meditation, prayer, and self-care			
Doing a hobby	Gardening, reading, knitting, etc.			
Housekeeping	Grocery shopping, maintenance, etc.			
Home administration	Paying bills, paperwork, etc.			
Structuring your dreams	Planning, achieving			