## APPENDIX "F" "THIS IS WHAT I DO FORM"

Attached you will find a weekly chart. You will want to make 7 copies of the daily chart. Please take your daily chart results and fill in the totals from your activities for one week below and **bring your completed chart to class Session 5.** 

Following is a list of what to include. Feel free to add additional activities/responsibilities which are not listed.

Relaxation - what you do to relax	
Sabbath	
Worship	
Prayer/devotion	
Bible Reading	
Reading for Pleasure	
Hobby	
Exercise/sports	
Television	
Personal Phone Calls	
Pet Care	
Commuting to work	
Work during day	
Work during evening	
Time with children alone	
Time with family, majority of group	
Time with friends	
Meal preparation	
Eating	
Laundry	
Cleaning house	
Bill writing/household management	
Appointments for family members or self	
Shopping	
Commuting to seminary	
Seminary study	
Seminary class time	
Other:	
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TOTAL HOURS IN ACTIVITY	
Total up hours from your chart for each activity listed above.	

**Daily Activity Chart** 

Time	Activity/	Activity/	Activity/	Activity/
	Amount of Time	Amount of Time	Amount of Time	Amount of Time
4-6 AM				
6-8 AM				
8-10 AM				
10-Noon				
1-2 PM				
2-4 PM				
4-6 PM				
6-8 PM				
8-10 PM				
10 – 12 PM				
Midnight – 4 am				