

Weekday Routine and Activities

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1. WEEKDAY ROUTINE - AVERAGE WEEKDAY (Using decimals or fractions is fine.)

1A		Hours per day in bed (asleep or resting)
1B		Hours per day napping
1C		Hours awake on a weekday
	XXXX	(The three figures above should add up to 24 hours)
1D		Hours of work or any regular day activity
1E		Hours spent traveling to work or any regular day activity
1G		Hours spent in the home
1H		Hours spent on outings (shopping, visiting, errands, recreation, etc.)
	XXXX	(The four figures above should add up to the total hours the person is awake)