

Name:

Student ID:

Week:

EVALUATING TIME USE BY RELATIONSHIP

To calculate the approximate amount of time during the week that you spend in the following categories, take your last week's Form 1B, complete the first column and put the total in column 2. Finally, fill in the last column, designating only one priority category for each: God (G), Family/Self (F), Job (J) and Ministry (M). Then summarize your time use by relationship category at the bottom of the form.

Time Use Category	Week Total	GFJM
Sleep		F
Prayer, Bible reading and study, Meditation [Quiet Time]		G
Bible study [beyond Quiet Time]		G
Church		G
Planning (including tracking time use)		F
Bathing, Grooming, Dressing		F
Travel (include with the associated activity)		
Work (including homemaking duties, meeting children's needs)		J
School/continuing education		J
Meals (eating, not preparation)		F
Spouse (quality time, one-on-one)		F
Children (quality time, separate or together)		F
Family activities, recreation		F
Time with friends		F
Personal recreation, hobbies, reading, etc.		F
Physical exercise		F
Financial management		F
Television		F
Errands		F
Home Chores		F
Service to others (Ministry)		M
Unaccounted (total subtracted from 168 hours)		
Total	168	

TIME USE SUMMARY

CATEGORY	HR/WK	CATEGORY	HR/WK
God		Job	
Family/Self		Ministry	

FORM 6