Time Budgeting Worksheet

Enter every item that fills your time each week (including eating, sleeping, 2 hours of marginal time/day, and travel time!). Approximate the hours/week in the final column. If the item happens more than once/week, multiply columns two and three and enter the total in the final column. Add the final column together. Your total should equal 168 (total hours in one week). For more instructions, visit parentingwithbellson.com/practical-parenting/family-life/how-build-time-budget/

Item	Time per day	Days per week	Total time (time per day x days per week)
TOTAL (should equal 168)			

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