

ACTIVITY BALANCE

How do I spend my time?



Category	Hours spent
Self-care <i>Example activities: bathing, personal care, relaxing, support groups</i>	
Productivity <i>Example activities: volunteering, paid work, parenting, home management, school</i>	
Leisure <i>Example activities: sports, music, creative arts, walking, watching TV, socializing</i>	
Rest <i>Example activities: sleep, naps</i>	
Unhealthy <i>Example activities: problematic gambling, using excessive drugs/alcohol, excessive technology use</i>	