



Your lifestyle/activities calculation

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL
Business								
Paid work								
Networking								
Voluntary								
Dining								
Other								
Home								
Children								
Chores								
Groceries								
Excursions								
Other								
Social								
Dining								
Entertaining								
Meetings								
Going out								
Movies								
Recreational								
Exercise								
Sports								
Hobbies								
Relaxation								
Other								
Total waking hours (112) allowing for eight hours sleep								