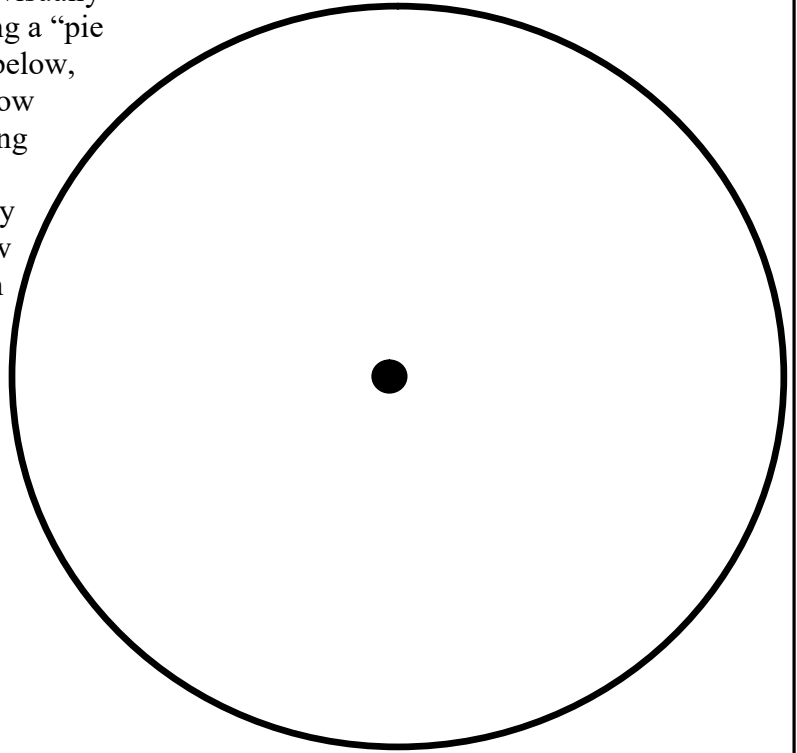


Daily Activity Wheel

This daily activity wheel is a tool that will visually show you how you utilize your day by using a “pie chart”. Consider the activities in the table below, reading their descriptions and estimating how much time you spend on each activity during an average day. Then, calculate what percentage of your 24-hour day that activity represents. Once you have determined how much time you spend on an activity, assign it a color and draw a piece on the pie chart that represents the activity in the color you choose. Use a ruler and draw the lines outward beginning at the dot in the center of the circle. Once you have accounted for each activity, look at your activity wheel and see how you spend your time on a daily basis.



| Activity | Description | Estimated Time | Percentage of 24-hour day | Color |
|-----------------------------|---|----------------|---------------------------|-------|
| Sleeping | Solid hours; if interrupted sleep use a dotted line | | | |
| Eating | Preparation and clean-up included | | | |
| Grooming | Hair, nails, makeup, etc. | | | |
| Exercising | Walking, yoga, tai chi, swimming, weightlifting, etc. | | | |
| Working | Hours at tasks, phone calls, e-mails, meetings, paperwork | | | |
| Driving | Commuting, chauffeuring family | | | |
| Using electronics | TV, computer, cellphone, video games | | | |
| Spending time with children | Playing games, talking, reading, etc. | | | |
| Spend time with a spouse | Loving, communicating, exploring, etc. | | | |
| Spend time with yourself | Meditation, prayer, and self-care (not just sitting there!) | | | |
| Doing a hobby | Gardening, reading, knitting, etc. | | | |
| Housekeeping | Grocery shopping, maintenance, etc. | | | |
| Home administration | Paying bills, paperwork, etc. | | | |
| Structuring your dreams | Planning, achieving | | | |