

Activity	Time on activity per day	Number of days per month	Hours per month
Sleeping (the number that you need to be functional)			
Personal care (showering, barbershop, hair salon, nail salon)			
Eating (preparation and clean-up)			
Indulgences (smoking, drinking, drugging, hangover, recovery)			
Social Media (Instagram, Facebook, Snapchat, Twitter, Tik Tok)			
Phone time (talking, texting)			
Watching t.v. (Netflix, Hulu, YouTube, Cable, Sports, etc)			
Working (9 to 5, hustling, getting money, etc)			
Exercise, gym, playing sports			
Other commitments (faith activities, programs, classes, parole officer)			
Time spent hanging out with friends,family, partner, kids			
Errands, cleaning, laundry			
Leisure (time spent relaxing not doing anything)			
TOTAL hours available in a month			730
TOTAL hours committed (add # of hours in the last column – 730 hours)		minus	
Hours remaining to go after the change YOU want in your life		=	