

Your week in hours: mapping how you spend your time can help you make changes to manage better...

1. Choose a colour for each of the key activities that occupy your time – such as sleep, family time, family duties, time with friends, paid work, unpaid work, sport/exercise, personal time, relaxing, study, or make up your own categories...

<input type="checkbox"/>	SLEEP	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

2. Colour in the hours in the last week when you did each activity you identified above

	5am	6am	7am	8am	9am	10am	11am	12pm	1pm	2pm	3pm	4pm	5pm	6pm	7pm	8pm	9pm	10pm	11pm	12am	1am	2am	3am	4am
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

3. Look at how you balance your daily activities: Are you making enough time to look after your wellbeing – getting enough sleep, relaxation and exercise? Are you making enough time for things you need to do – work, study, & family duties? Is there anything you could change around?