

Time Budget

(Blank for you to fill in.

Editable forms may be found at www.lifelongactivist.com)

Category & Goal	Task	Hours per Week	Notes
Activism			
(write your goals in this column)	(write the tasks needed to achieve each goal in this column. On a separate sheet break each task into as many "tasklets" or sub-tasks as possible.)	(include prep time, travel, etc.)	(write any notes about the goal or task in this column)
Primary Movement			
Secondary Movement			
Misc.			
TOTAL			

Health & Fitness / Self-Care			
Exercise	???		
Personal Growth	Time Management / Journaling / Meditation / Relaxation		
”	Therapy, massage or other health appointment		
Self-care	Morning grooming and breakfast		
”	Dinners		
”	Evening grooming (before bedtime)		

Household shopping and chores	Cleaning Shopping Laundry Maintenance		
Personal finance / Pay bills			
Misc.			
Total			

Relationships*			
Spouse / Partner / Boyfriend / Girlfriend			
Companion Animals			
Friends			
Parents			
Misc.			
Total			

*Activists with children or other significant personal relationships should amend this table to reflect those relationships.

Money / Material Needs			
Money	Job		
	Commute		
	“Homework” brought home from work		
Total			

Whole Person			
Art, Music, Gardening, Spiritual Practice, etc.			
Total			

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Total Budgeted Hours / Week	
Activism	
Health & Fitness / Self-Care	
Relationships	
Money	
Whole Person	
TOTAL	112