

Time Budget Worksheet

Use this worksheet after the parents view the video taught by Dr. Steve Stratton, A Centered Family Life. You will complete this “Time Budget” for each person in your family. If your children are old enough, allow them to fill in their own budget with supervision. When the worksheets are complete, look at the responses as a family. Here are some suggestions for discussion:

1. Compare worksheets and look for times and spaces that you are together as a family.
2. What are the best times you could have spiritual conversations as a family.
3. What are your concerns or reactions as you look over your schedule?
4. What is your personal takeaway from this exercise? Give each family member a chance to respond.
5. Pray as a family for time and space to be together during the coming cohort.

Hours per week (each family member fills out a worksheet). At the end of the week, add up the hours in each category.

Family Member name _____

Sleep _____

Christian Discipleship (church, personal devotional, small group etc) _____

Study/school _____

Social/friends _____

Family time _____

Personal time _____

Exercise _____

Chores that help the family _____

Creative fun _____

Meals _____

Other activities _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am							
7:00 am							
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							
9:00 pm							
10:00 pm							