

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 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 when 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 takeaway from this exercise? Give each family member a chance to respond.
5. Schedule a regular family time weekly and label it Growing Families on your calendar.
6. Pray together that your schedules will honor and glorify God.

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							