

168 Hour Exercise

(# of hours in one week)

Determine *on average* how much time you spend with each activity below in *one week*. For example, if you sleep an average of 7 hours per night, multiply that by 7 days and subtract 49 from the total. Then go to the next item and do the same calculation.

NOTE: Some activities may fall under more than one category. Do not double count time spent if there is overlap. For example, if you take a walk with a friend, do not count the same activity twice as *exercise* and time spent with *friends*.

168

___ sleep hours (___ x 7 = ___)

___ eating

___ work (including any time commuting)

___ volunteer activities

___ children and pets (including time on homework, taxi-ing kids around, sport events, etc.)

___ spouse or significant other

___ friends (face to face, by phone, on the internet, etc.)

___ spiritual practices

___ exercise

___ personal care/grooming

___ simple pleasures: (hobbies, reading, watching TV, movies, sports activities, etc.)

___ housework, yard work, paying bills, chores, errands, shopping

_____ amount left over, under or zero!

If you are in the **RED**, you are doing too much.

If you **BROKE EVEN**, you are coping

If you have **TIME LEFT**, you are living in the “margin.”

Margin: “The space that exists between ourselves and our limits. It is the amount allowed beyond that which is needed. It is something held in reserve for contingencies or unanticipated situations. Margin is the gap between rest and exhaustion, the space between breathing freely and suffocating.”

-Dr. Richard Swenson

