



Rachel Newton (BA Psychology, RPC Cand)
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Time Budget example.

Monday, Jan 16, 2012		
Task	Time	Comment
Wake up & get ready	5:15am	
Gym	5:45am – 7:15am	30 minutes travel time incl.
Getting dressed for work	7:15am – 8:15am	
Commute to work	8:15am – 8:45am	
Work day	8:45am – 5:00pm	30 minutes at bank incl.
Commute home	5:00pm – 5:45pm	
Preparing dinner	6:00pm – 6:30pm	
Eating dinner	6:30pm – 7:00pm	
Washing dishes	7:00pm – 7:30pm	
Answering emails	7:30pm – 8:30pm	
Family time	8:30pm – 10:00pm	
Getting ready for bed	10:00pm – 10:30pm	
Reading	10:30pm – 11:30pm	"Me" time.
Bed	11:30pm	