

## Time Budget

(Blank for you to fill in.

Editable forms may be found at [www.lifelongactivist.com](http://www.lifelongactivist.com))

| Category & Goal                   | Task  | Hours per Week                    | Notes   |
|-----------------------------------|---|-----------------------------------|---|
| <b>Activism</b>                   |   |                                   |   |
| (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.                             |   |                                   |   |
| <b>TOTAL</b>                      |   |                                   |   |

| <b>Health &amp; Fitness / Self-Care</b> |  |  |  |
|---|--|--|--|
| 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<br>Shopping<br>Laundry<br>Maintenance |  |  |
| Personal finance / Pay bills  |  |  |  |
| Misc.                         |  |  |  |
| <b>Total</b>                  |  |  |  |

| <b>Relationships*</b>                     |  |  |  |
|---|--|--|--|
| Spouse / Partner / Boyfriend / Girlfriend |  |  |  |
| Companion Animals                         |  |  |  |
| Friends                                   |  |  |  |
| Parents                                   |  |  |  |
| Misc.                                     |  |  |  |
| <b>Total</b>                              |  |  |  |

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

| <b>Money / Material Needs</b> |                                   |  |  |
|-------------------------------|-----------------------------------|--|--|
| Money                         | Job                               |  |  |
|                               | Commute                           |  |  |
|                               | “Homework” brought home from work |  |  |
| <b>Total</b>                  |                                   |  |  |

| <b>Whole Person</b>                             |  |  |  |
|---|--|--|--|
| Art, Music, Gardening, Spiritual Practice, etc. |  |  |  |
| <b>Total</b>                                    |  |  |  |

|  |  |  |  |
|--|--|--|--|
|  |  |  |  |
|--|--|--|--|

| <b>Total Budgeted Hours / Week</b> |     |
|------------------------------------|-----|
| Activism                           |     |
| Health & Fitness /<br>Self-Care    |     |
| Relationships                      |     |
| Money                              |     |
| Whole Person                       |     |
| TOTAL                              | 112 |