

# activity record

ACTIVITY	DAY 1	DAY 2	DAY 3	AVERAGE
Getting showered/dressed/ready in the morning				
Eating breakfast/reading the paper				
Getting your kids ready in the morning (including making breakfast, taking care of lunch money, reminding about homework, driving kids to school, etc.)				
Commuting to work/working				
Preparing/eating lunch				
Preparing/eating dinner (and don't forget doing the dishes!)				
Business-related activities				
Using the Internet/sending and receiving e-mail				
Running errands				
Doing household chores (laundry, cleaning, paying bills, grocery shopping, yard work)				
Child-care tasks (helping kids with homework, playing games, separating dueling siblings, driving to soccer games)				
Watching television				
Reading (newspapers/magazines/books)				
Exercising/sports				
Spending time with your spouse/partner (talking, dinner out, sex, and "couple time")				
Charity/volunteer activities				
Socializing and spending time with friends/family				
Sleeping				
Health/beauty (salon/doctor/dental appointments and the like)				
Hobbies/downtime				
Other activities: .....				