

How do you spend your time?

Most people find that they develop a pattern in the way they allot time throughout their day. The pie chart below illustrates how segments of time might be used in a 24 hour period.

Average people might spend:

6-8 hours sleeping

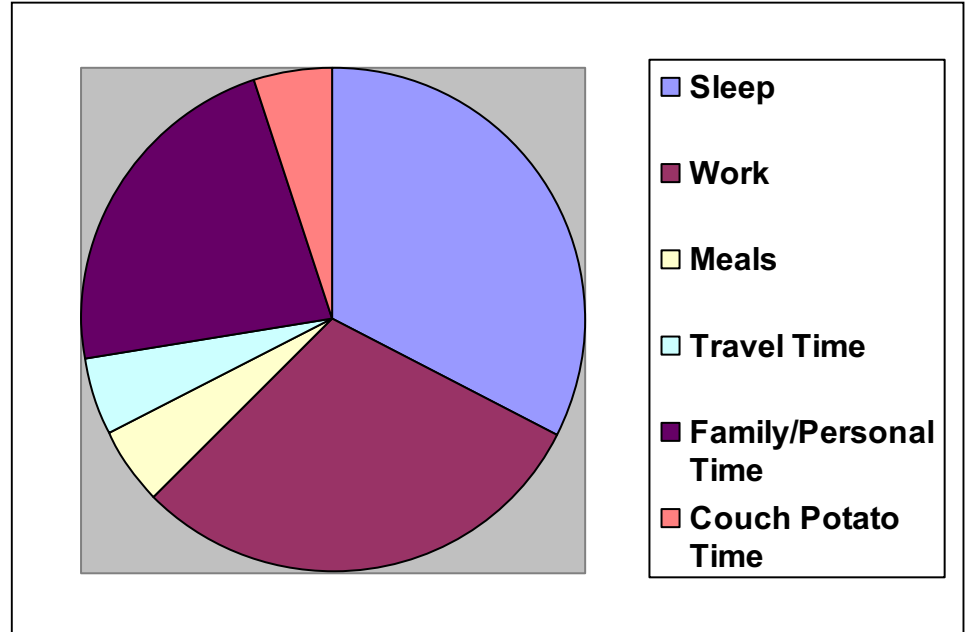
8 hours working

1-1 ½ hours traveling to work

2 hours for meals

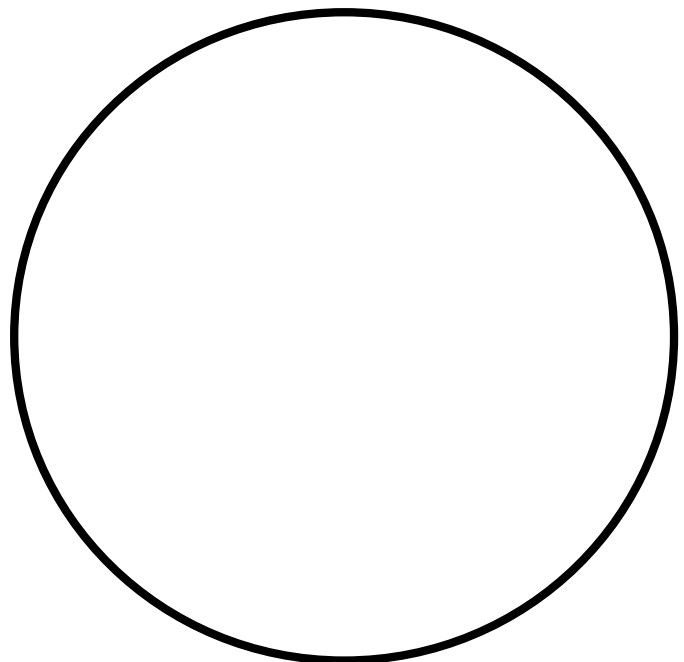
4 hours for family or personal time (hobbies, reading etc.)

1 hour of "couch potato" time (watching tv, listening to music, etc.)



Based upon a 24-hour period, how did you spend your time when you were drinking/using? Please use the following chart to map the time you spent in an average day. How much time did you spend doing the following?

Sleeping _____ hours
Working _____ hours
Meals _____ hours
Travel _____ hours
Personal/Family _____ hours
"Couch Potato" Time _____ hours
Drinking/using _____ hours
Other _____ hours
Other _____ hours



Based upon a 24-hour period, how do you spend your time today? Please use the following chart to map your schedule today. How much time did you spend doing the following?

Sleeping _____ hours
Working _____ hours
Meals _____ hours
Travel _____ hours
Personal/Family _____ hours
"Couch Potato" Time _____ hours
Drinking/using _____ hours
Other _____ hours
Other _____ hours
Other _____ hours
Other _____ hours

