



Lifestyle and Activities Time Tracker - **SAMPLE**

Here is just a made up example to see how to work the form. How specific you want to get is up to you. You will have a visual of how you spend your time. Your wardrobe should correspond to the activities. Here work takes a lot of the time, so business casual should be the highest % of clothes in the closet.

A Bonus, you will also get a picture of how your time is spent. *Any changes need to be made?*

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|-----------------------------|-----------------------------|-----------------------------|-------------------------------|--|---|
| 6:00 AM | Wake Up +_ | Wake Up +_ | Wake Up +_ | Wake Up +_ | Wake Up +_ | Wake Up +_ | Wake Up +_ |
| 7:00 AM | Exercise / work out | | Exercise / work out | | Exercise / work out | Pay Bills, go through Mail, | Food Shopping for the week |
| 8:00 AM | Get Ready to go to work | | | | | | |
| 9:00 AM | <div style="background-color: #d9e1f2; padding: 20px; text-align: center;"> <h1>Working at Office</h1> <p>M to F 9am - 5pm, dress code Casual</p> </div> | | | | | Personal Care: Hair Dresser, Spa, Manicure, Pedicure, etc.... | Open day, whatever activities come up, go out and about. Mostly Casual. Get Ready for The week |
| 10:00 AM | | | | | | | |
| 11:00 AM | | | | | | | |
| 12:00 PM | | | | | | | |
| 1:00 PM | | | | | | | |
| 2:00 PM | | | | | | Errands, shopping, house Stuff, cleaning, Laundry, etc.... | |
| 3:00 PM | | | | | | | |
| 4:00 PM | | | | | | | |
| 5:00 PM | | | | | | | |
| 6:00 PM | | | | | | | |
| 7:00 PM | Settle down, Dinner Prep | Settle down, Dinner Prep | Settle down, Dinner Prep | Settle down, Dinner Prep | Settle Dress Up | | |
| 8:00 PM | Dinner | Dinner | Dinner | Dinner | Date Night, dinner, etc... | | |
| 9:00 PM | Leisure Time, reading, TV, Social - Facebook, Movie, etc. Until bedtime, varies. Lounge wear from 7pm on... | | | | | | |
| 10:00 PM | | | | | | | |
| 11:00 PM | | | | | | | |
| 12:00 AM | | | | | | | |

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Lifestyle and Activities Time Tracker

This will not only help you figure out what your lifestyle is, it will also help you in figuring out where your time goes. You can keep this general or very specific, the idea is to get a sense of your activities. Remember, you are trying to look at your "typical" week.

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--------|---------|-----------|----------|--------|----------|--------|
| 6:00 AM | | | | | | | |
| 7:00 AM | | | | | | | |
| 8:00 AM | | | | | | | |
| 9:00 AM | | | | | | | |
| 10:00 AM | | | | | | | |
| 11:00 AM | | | | | | | |
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| 10:00 PM | | | | | | | |
| 11:00 PM | | | | | | | |
| 12:00 AM | | | | | | | |

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