

Time Budgeting

How do you do this?

The following is a simple time budgeting tool. Every week you are entrusted with seven days. Each day has **24 hours**. The total is **168 hours** per week. For ease of use and calculations, assume each day is the same. Based on the C.S. Lewis principles allocate how much time would you dedicate to each of the following categories:

Category	Enter Allocated Hours		
	Per day, OR	Per week	Add notes if needed.
1. Spiritual Nourishment: <ul style="list-style-type: none"> • Group Worship • Prayer • Bible Study 			
2. Physical Restoration: <ul style="list-style-type: none"> • Sleep • Hygiene • Mental • Exercise 	+		
3. Emotional Replenishment: <ul style="list-style-type: none"> • Family • Friends • Other 	+		
4. Financial Provision: <ul style="list-style-type: none"> • Work Hours • Compute Hours • Professional Development 	+		
Sub Total			
5. Ministry Capacity: <ul style="list-style-type: none"> • Community Service • Church Ministry 	+		
Total			
Maximum Available		24 hours	168 Hours