

Lifestyle analysis

Most of us have multiple roles across more than one environment. Where our different roles/ environments vary greatly, it is useful to map out the activities we would typically undertake in one day, within each of these contexts.

Your Lifestyle Calculations

	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
Business						Grey	Grey	Orange
Paid work						Grey	Grey	Orange
Networking						Grey	Grey	Orange
Voluntary						Grey	Grey	Orange
Dining						Grey	Grey	Orange
Other						Grey	Grey	Orange
						Grey	Grey	Orange
Home						Grey	Grey	Orange
Children						Grey	Grey	Orange
Chores						Grey	Grey	Orange
Groceries						Grey	Grey	Orange
Excursions						Grey	Grey	Orange
Other						Grey	Grey	Orange
						Grey	Grey	Orange
Social						Grey	Grey	Orange
Dining						Grey	Grey	Orange
Entertaining						Grey	Grey	Orange
Meetings						Grey	Grey	Orange
Going out						Grey	Grey	Orange
Movies						Grey	Grey	Orange
						Grey	Grey	Orange
Recreational						Grey	Grey	Orange
Exercise						Grey	Grey	Orange
Sports						Grey	Grey	Orange
Hobbies						Grey	Grey	Orange
Relaxation						Grey	Grey	Orange
Other								
Total Waking hours (112) allowing for 8 hours sleep								