

Weekly Activity Journal

We know you. You are so busy taking care of others that you neglect to take care of yourself. Our goal is for you to find 30 minutes a day just for yourself. Where are you going to find 30 minutes a day, you ask? Let us help you. Use the template below or any planner or notebook to jot down notes on how you are spending your day. The more specific you can be, the better. Include everything! Time spent running errands, work, school, meals, church, scrolling social media, playing games on your device, reading, exercising, carpooling, doctor’s appointments, shopping, caring for others, housework, etc. Be as detailed as you can be but try to note things by the hour at the longest. At the end of the week, closely analyze your time. Visit www.whoistakingcareofyou.com for an example of this worksheet.

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday