|  |  |  |
| --- | --- | --- |
| **Activity** | **Hours spent/week** | **Percentage of Week** |
|  |  |  |
| Working - job | 40 | 23.81% |
| Caring for the Home/Laundry | 12 | 7.14% |
| Driving | 8 | 4.76% |
| Sleeping | 49 | 29.17% |
| Exercising | 5 | 2.98% |
| Volunteering | 4 | 2.38% |
| Taking care of Family | 30 | 17.86% |
| Time for self | 3 | 1.79% |
| Shopping/Errands | 6 | 3.57% |
| Church/religious activities | 3 | 1.79% |
| **Hours left**  | **8** | 4.76% |



**Do I have time in my daily or weekly schedule to commit to a decision-making group?**

**What might need to change for me to be able to participate?**

**SLIDE 022A**