

5th Floor, 196 Deansgate Manchester, M3 3WF

Freephone: 0808 168 2233

Email:info@pharmacistsupport.org Web: www.pharmacistsupport.org

168 hours in a week - how do I use mine?

1 square = 1 hour

Monday												
Tuesday												
Wednesday												
Thursday												
Friday												
Saturday												
Sunday												

Using coloured pens or pencils fill in your time profile using a different colour for each key category. For each day fill in the bar with the proportions of time allocated to each category. You can change the categories to suit your own needs.

Possible Key Categories

Sleep	Work-related activity
Leisure time	Reflection
Relaxation/me time	Family
Other people	Domestic activity
Other commitments	

Reflection

What does my time profile tell me?

Does it contribute to pressure/stress or does it help my wellbeing?

Do I have enough time for reflection and relaxation?

Do I have enough time for me?

Do I want to change anything?

What are the internal and external constraints?

How can these be overcome?