

# Balanced Life Bingo

Based on the idea of a 16-hour waking day, track how many half-hours you spend on each activity category. Feel free to add more hours if your waking day is longer. You may choose to use a different color for each activity to help gauge the balance in your day. Use a new sheet each day, tracking several days to do a thorough assessment of your life balance.

W = Work

A = Administration

S = Self-Care

O = Other-Care



