



# "The Life Bank" Worksheet

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(add weekly hours) (multiply weekly total by 4)

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	Su	Mo	Tu	We	Th	Fr	Sa	Weekly Total	Monthly Total
<b>Starting Hours:</b>	14	14	14	14	14	14	14	98	392
<b>Daily Tasks</b>									
Rest / Family Time									
Meals									
Writing / Editing									
<b>Monthly Tasks</b>									
<b>Additional Projects</b>									
<b>Total Hours Spent:</b>									
<b>Time Balance:</b>									

(Subtract Starting Hours from Hours Spent)