

Sample/Example: Weekly Balanced Life Chart for Kim

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Physical Health (Exercise)	Visit gym	Ride Bike to work	Visit gym	Ride Bike to work	Visit gym		Extended bike ride
Social Relationships		Extended walk with partner			Regular catch-up meal with friends		
Family and or Partner Relationships		Help children with homework	"Date Night" dinner with partner	Help children with homework		Spend 1:1 time with Spouse and or children	Spend 1:1 time with Spouse and or children
Spirituality		Yoga Class		Yoga Class		Morning Meditation	
Work/Study Life			Ensure that I leave on time			Work email & mobile off	Work email & mobile off
Contact with Nature	Take walk in Local Park		Eat Lunch in local park				
Relaxation & or Recreation		Watch favourite TV program				At least one round of Golf	Finish catching up on weekend papers
Other things important to me	Volunteer activity					Catching up on weekend papers	

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Social Relationships							
Family Relationships							
Spirituality							
Work/Study Life							
Contact with Nature							
Relaxation & or Recreation							
Other things important to me							