

## Sample/Example: Weekly Balanced Life Chart for Hillary

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

## Weekly Balanced Life Chart for .....

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