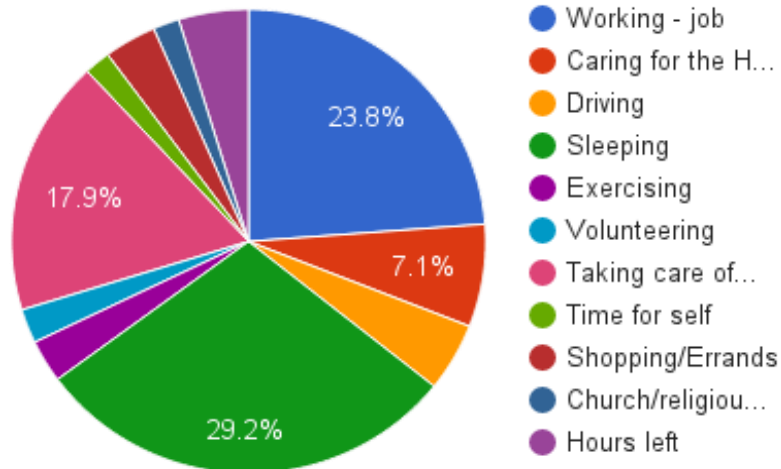


Time / Energy Real Life Example

Do I Have Time to Serve on a Decision-Making Group?

Activity	Hours spent/week	Percentage of Week
Working - job	40	23.81%
Caring for the Home/Laundry	12	7.14%
Driving	8	4.76%
Sleeping	49	29.17%
Exercising	5	2.98%
Volunteering	4	2.38%
Taking care of Family	30	17.86%
Time for self	3	1.79%
Shopping/Errands	6	3.57%
Church/religious activities	3	1.79%
Hours left	8	4.76%

Percentage of time spent each week on Life Activities



Do I have time in my daily or weekly schedule to commit to a decision-making group?

What might need to change for me to be able to participate?

SLIDE 022A