



CURRENT TO IDEAL TIME COMPARISON

	Ideal (hrs/wk)	Current (hrs/wk)	Difference (Ideal-Current)
Office Work	0	45	-45
Teaching Sailing	25	0	+25
Building Furniture	10	0	+10
Commuting	5	5	0
Relationships and Social Time	14	4	+10
Family Time	20	8	+12
Exercise and Wellness	7	4	+3
Household and Home Chores	7	12	-5
Recreation	10	20	-10

This is the amount of change to make to get from current all the way to ideal

