I have included some examples of different women’s basic time budgets for you to see how this works:

God

\*Devotions- 1hr daily

\*Church – 4 hrs wk

Bible study – 2 hrs wk

Husband

\*Intimacy – 30 min daily

Ministry help – as needed/2 hrs on Wed

Dates – whenever possible

\*Iron shirts – 30 min wk

Getaways - annually

Kids

\*Devotions – 30 min daily

\*Homeschooling – 2 hrs daily

\*Homeschooling prep – 1 hr wk

\*Driving – 30 min daily- at least!

\*Music lessons – 1 hr wk

Vacations – 2wks annually

Adult Kids

\*Sunday night dinner – 4 hrs biweekly

Grandchildren

\*Babysitting – as needed

\*Sunday night dinner – 4 hrs biweekly

Home

\*Laundry – 15 min daily

\*Tidying – 1 hr daily

\*Cleaning – 2 hrs wk

Pet care- 1 hr bi-weekly/15 min daily

\*Meal prep – 30 min 3x daily

\*Grocery shopping – 1hrs. wk

\*Misc errands – 1hrs wk

\*Planning – 1hr wk

Everything Else

\*Work – 17 hrs wk

\*Exercise – 30 min/1hr daily

\*Teach Bible study – 2 hrs weekly

\*Studying for teaching – 2 hrs wk

Social media – 30 min daily

\*See our parents – 2hrs bi weekly

\*Dye hair/paint nails – 1hour bi weekly

Time with friends

Other ministry

Insert sample schedules here: