

# Advance Time Planning

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## ⇒ How long would it take you to do these tasks?

Enter how many minutes in each box:

Shower or Bathe:  Minutes

Do your hair:  Minutes

Shave:  Minutes

Choose clothes  Minutes

Iron clothes:  Minutes

Get dressed:  Minutes

Eat breakfast:  Minutes

Make a lunch:  Minutes

Travel to work:  Minutes

**Total Chores Time:**  **Hours/minutes**

## ⇒ Shorten your preparation time:

Do the night before. Enter the time needed to complete these tasks:

Shower or Bathe:  Minutes

Choose clothes  Minutes

Iron clothes:  Minutes

Make a lunch:  Minutes

**Time Saved:**  **Hours/minutes**

## ⇒ Subtract "Total Chores Time" from "Time Saved".

Total Chores Time:  Hours/minutes

Time Saved:  Hours/minutes

**New Total:**  **Hours/minutes**

***Your New Morning Preparation Time!***