

🕒 Soul Check: Where does the time go? Your week on a sheet.

School, work, family, reading, TV, friends, alone time, sleep, church, youth group, sports... What do they fit?

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7-9am							
9-12pm							
12-2pm							
2-4pm							
4-6pm							
6-8pm							
8-10pm							
10pm to morning							