Inside Work®

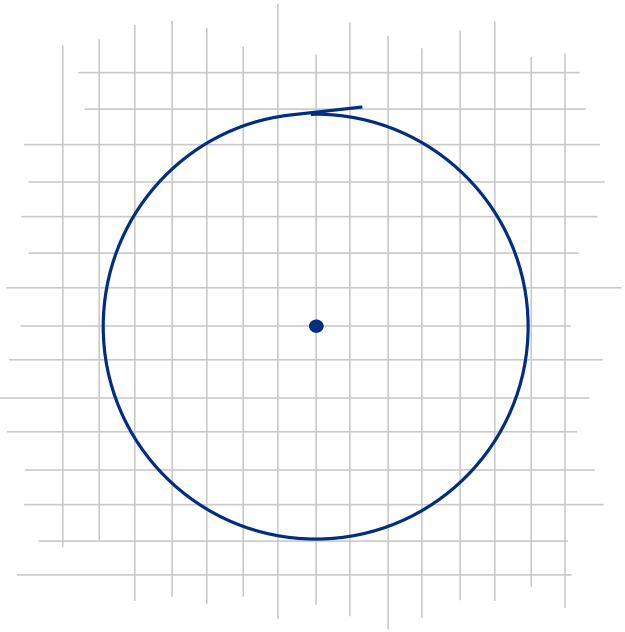
MY 168-HOUR WEEK

"168 Hours"

How do you spend your time in a normal week?

Hours	Activity
	workplace
	family/friends
	sleep
	hygeine
	meals
	housekeeping
	commuting
	church-related
	exercise/health
	reflection/devotion
	entertainment
168	Total

Using this pie-shaped circle, make a rough pie chart of how you spend a typical week. The Activities list on the right will get you started. Add or subtract categories to suit your normal week.



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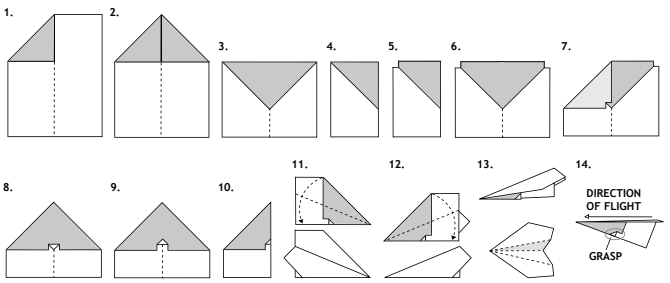
LET'S HAVE SOME FUN!

Forget about all that boring stuff up top, now it's time for **FUN**. Turn this piece of paper into a miniature airplane! That's right, follow the easy-to-use instructions provided to the right and amaze your friends with a fully-airborn "paper plane". Use it to distract yourself from work, impress girls or turn your coworkers into enemies. And that's not all! Tape a pin to the front and throw towards a crowd for surprising results! It's fun, just like your life used to be. Remember fun?

DISCLAIMER: We are not liable for any injuries resultant of your poor aim or lack of foresight.