Eat dinner-30 min

Eat breakfast-30 min

Eat lunch-30 min

Shower-30 min

Laundry-1 hour

TV-any amount

Read-any amount

Workout-1 hour

Walk dog-1 hour

Clean downstairs-2 hours

Clean upstairs-2 hours

Grocery shopping-2 hours

Get gas-30 min

Pack lunches for next week-30 min

Go shopping-2 hours

Homework/work tasks-2 hours

Football game-3 hours

Hang out with friends-3 hours

Clean out car-1 hour

Sleep-8 hours

Make freezer meals for next week-2 hours

Paint a room-2 hours per coat

Mow the lawn-1 hour

Rake leaves-1 hour

Clean out garage-2 hours

Pay bills-1 hour

Sell items for money-2 hours

Put away clothes-30 min

Make beds-30 min

Organize mail-30 min

Nap-any time

Go to a sporting event-2 hours

Respond to e-mails-1 hour

Buy a BDay present for a friend-1 hour

Hang pictures-1 hour

Update phone-30 min

Go for a hike-3 hours

Volunteer-3 hours

Get haircut-1 hour

Get oil change-1 hour