

Balanced Life Chart

TASK	MONTH:							WEEK OF:							Daily Goal: 5+ pts.
	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	Mon	Tue	Wed	Thurs	Fri	Sat	Sun	
Dissertation															
Academic															
Social															
Life Maintenance															
Housekeeping															
Exercise															
Other															
TOTAL															

TASK	DEFINITION / EXAMPLES	WEEKLY GOAL
Dissertation	Writing 1/2 hour (1) Writing 1 hour (2) Every extra 30 min beyond 1 hour (2) Research (1 per hour) (plus one point if open bef 1:00 pm)	12
Leave House	1 per actually getting out of the house to do ANYTHING!	7
Academic	Attend Talk (1) Read Article or Book (1) Read/Review other's work (1) Contact people for discussion (1), IRB Paperwork (3)	5
Social	Happy hour, dinner with friends, phone call to friend (1 each)	7
Life Maintenance	Bills, Medical Appts, Hair, Nails, Car, cards/gifts, make up charts like this/follow through on my coaching disc. (1 each)	5
Housekeeping	Laundry, dishes, floors, tidy bedroom, clean cupboards (1 each)	5

WEEKLY REWARDS	
# of Points	REWARD IDEAS
36+	Shopping spree @ outlet mall, Get 1x maid service, plan weekend away, fluff and fold
30-36	Order stuff for house (Ballard Designs, poster, etc.), Organize a dinner party for friends, Buy summer clothes
25-30	Order delivery/takeout, Mani/Pedi, Magazine splurge, fresh flowers for house
20-25	Rent movies from Blockbuster, Get fancy sandwich from grocery, Homemade margarita, organize a happy hour with friends