

Name: _____



Pre-Retirement Activities Time Allocation Exercise

What do you want a typical retirement week to look like? Think about how much time you want to spend on activities such as work, fitness activities, recreation, and family time. In the list of activity categories below, fill in the percentage of time you spend on each one, adding your own categories as needed. Use this information to help you structure your ideal week in retirement.

| Activity Category | Percentage of Time Spent |
|---------------------------|--------------------------|
| Work/Volunteering | |
| Personal Growth/Education | |
| Friends/Family | |
| Health/Fitness | |
| Fun/Recreation | |
| Spiritual/Nature | |
| Other | |
| Other | |
| Other | |
| Other | |