

Where does your time go?

Many people believe they do not have time to exercise. But, how can you be sure if you don't know where you spend your time and what you spend it doing? You have two types of time categories: fixed and variable. Fixed time is spent on things you really must do: sleep, eat, work (and commute), certain household duties, and family/child care for example. Variable time is spent on things that you do not have to do but want to do: gardening, reading, watching television, surfing the internet, talking on the phone, and shopping for example. Variable time is where you can find valuable minutes to invest in your body.

At Sports Center, we understand how difficult it can be to understand where all of your time goes each day. So we created a tool to help you identify where you spend your time. On page two, you will find a table starting at 6 AM and ending at 11 PM. On a typical day, fill in the chart as you spend your time. Record what you do and how long you spend doing it. Make a note whether the time is in the fixed or variable category.

Now that you know where you spend your time, you can make choices about how to manage your spending.

How much of your day is spent on things in the variable category? All you need to dramatically improve your health is just 30 minutes three days per week. If you walk at a brisk pace for just 30 minutes three days each week, you will lower your risk of cardiovascular disease by over 50%. If you cannot find 30 minutes, can you find 20? 15? 10?

To get started on reallocating your variable time and investing in your future, we suggest the following:

1. Take 10 minutes out of your variable time and invest it in walking three days per week for one month.
2. After one month, take another 10 minutes (20 minutes total), and invest it in walking three days per week.
3. After two months, take another 10 minutes (30 minutes total), and invest it in strengthening your muscles two days per week.

***Sports Center rebuilds injured athletes who refuse to quit.
Call 512-206-0433 today to schedule your Sports Center consult
and learn how to beat your injury.***

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WHERE THE BEST GET BETTERSM

Time Log

Day of week _____ Date _____

Time of day	Activity	No of hours + Type of time
0600		
0700		
0800		
0900		
1000		
1100		
1200		
1300		
1400		
1500		
1600		
1700		
1800		
1900		
2000		
2100		
2200		
2300		