

**Lifestyle Audit (Weekly Timetable) Template      Week commencing:**

**Guidelines for completion:** Please complete this lifestyle audit by blocking off areas of the table where you are committed or are available to train. Complete this honestly, remembering times when eating, sleeping, travelling, working, studying, socialising, family time, has regular commitments, when you are not available to train or free to train. If you have a regular schedule you need only to complete this form once, however when commitments change frequently (e.g. shift work or holidays) complete another form.

Time	Example	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
0600	Sleep							
0700	Breakfast							
0800	Travel							
0900	Work							
1000	Work							
1100	Work							
1200	Lunch							
1300	Work							
1400	Work							
1500	Work							
1600	Work							
1700	Work							
1800	Travel							
1900	Training							
2000	Training							
2100	Family							
2200	Family							