

The **MORE-FREE-TIME** Calculator



1

How many hours a week do you spend **PICKING UP** after children that are old enough to pick up after themselves? Toys, dirty clothes and wet towels left on the floor, shoes, backpacks, books, sports equipment, food, and dirty dishes, etc.



2

How many hours a week do you spend **HELPING** your kids with their homework, school projects, and fundraising events, as well as checking that they have done their homework and have it with them when they leave for school.



3

How many hours a week do you spend **FINDING, CLEANING, and PREPARING** clothing or equipment for sports and other extracurricular activities that your children participate in - and that your children, if they weren't so busy with too many activities, could actually help you do?



4

How many hours a week do you spend doing **CHORES** around the house that your children could participate in? Like making their beds, folding laundry, setting the table, doing dishes, taking out the trash, mowing the lawn.



5

How many hours a week do you spend **NAGGING** your children to do what they should be doing? Getting dressed, doing homework, picking up clothes, toys, or towels, brushing teeth, getting into bed, putting away the milk, etc.



6

How many hours a week do you spend **EXPLAINING** to your children or arguing with your children because they want to know **WHY** you have asked them to do something or **WHY** they can't do something they want to do?

Add up the total in all 6 boxes, multiply by 52 (weeks in a year). This gives you the number of hours in a year that you could free up time for sleep, exercise, family time, fun, your partner, friends, hobbies, or self-care - all while being a **SMART PARENT** and preparing your children for the responsibilities they need to learn to thrive and be happy in **REAL** life.

Total
hrs/wk

x 52 =

Free Time
per year