

## Problem Proposal:

Time management is a big issue for many people. Everyone can improve their time management skills, whether they think they are a pro at it or not. But why should people care so much about time management? These skills are necessary if one wants to lead a healthy balanced life. Too much work or school and not enough sleep or leisure can lead to burning out. Too much sleep or leisure and not enough work and play can lead to lack of productivity. It is important to have a healthy balance of them all. Being a college student, I know many other students that often struggle with balancing everything that is on their plate. There are many demands on our time and lots of choices to make on any given day. This is a problem that not only university students face either. People working full time often find themselves working more than they should, especially now since it is so easy to access emails and files from home or even your cell phone. Finding a healthy balance of activities in one's life is an important problem that needs to be solved in our current fast paced society.

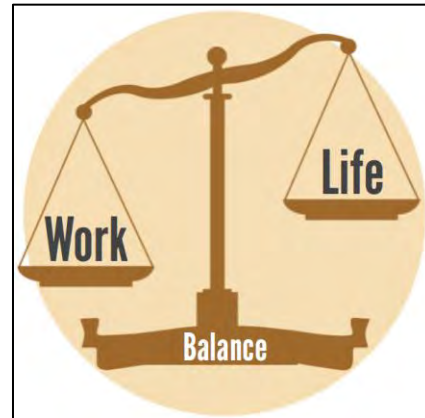


Figure 1: Many people in today's society struggle with finding a healthy balance with their time.

Source:  
<http://www.equalapproach.com/news-blog/blog-18-top-tips-for-a-better-work-life-balance-%28infographic%29.aspx>

## Problem Analysis:

One source reports that 70% of college students receive less than the eight hours of recommended sleep. Instead students spent this time participating in other activities such as partying, studying, or working. Additionally, according to the OECD Better Life index and as seen in Figure 2, the United States ranked 29<sup>th</sup> out of 36 for having a good work-life balance. One of the metrics they used what the time devoted to leisure and personal care per day, including sleep. The United States ranked 32<sup>nd</sup> in this category only averaging 14.3 hours per day.



With only 24 hours in a day, it can be difficult to decide where that limited time should go. How many hours am I going to work? What amount of time am I going to spend on leisure activities? And whatever is left is normally devoted to sleep, however much or little that is. Most people do not lead a very balanced lifestyle. That being said, each person's balance is personal and unique to their own needs. By providing a platform for people to set the amount of time they want to spend on particular areas of activity and allowing them to track how they actually spend their time, people can become more aware of how they spend their time and work to adjust it to meet their desired work-life balance.