

Survey Results

Healthy Spiritual Life

- Personal Devotions
 - Average is 22 minutes/day
 - Range is 0-120 minutes/day
- Family Devotions
 - With spouse
 - 3.75 days/week
 - With children
 - 4.79 days/week
 - Assisting children with catechesis
 - 3.53 days/week

Time and Task Management

- Prepare a weekly time/task to do list
 - 70 prepare a to do list (32 do not)
- Prepare a weekly schedule based upon the time/task to do list
 - 68 prepare a schedule (35 do not)
- Make sure that time is allotted in the schedule for prep time, devotions, family, self, etc.
 - 30 schedule intentional time with spouse (50 do not)
 - 18 schedule intentional time with children (31 do not)
 - 38 schedule intentional personal time (55 do not)
- Monitor time spent at the office and engaged in official ministry functions
 - 44.22 hours/week spent in church vocation
 - 1.51 days of personal time/week
 - 6.56 hours/week scheduled for prep time

Self Care

- Vigorous physical exercise
 - 22.84 minutes/day
- Annual physical
 - 64 have annual physical (38 do not)
- Take medications as prescribed
 - 74 take medications as prescribed (12 do not)
- Use of illegal drugs/over-consumption of alcohol
 - 82 never, 21 seldom, 0 often

- Practice good eating habits
 - 63 choose food for dietary health
- Read nutrition labels (become and educated eater)
 - 58 read nutrition labels (45 do not)
- Maintain a healthy weight
 - 6 morbidly obese
 - 8 obese
 - 33 overweight
 - 2 underweight

Family Matters

- Eat as a family
 - 29 eat all meals
 - 51 eat most meals
 - 12 eat few meals
 - 0 eat no meals
- Several nights/week at home
 - 6 nights/week at home with family
- Intentional scheduling of time with spouse
 - 30 schedule time with spouse

Financial Planning and Management

- Develop and monitor family budgeted together
 - 29 have written spending plans and review regularly (71 do not)
 - 45 keep detailed records of spending (55 do not)
 - Spending Plan
 - 9 successfully follow spending plan
 - 36 mostly follow spending plan
 - 10 seldom follow spending plan
 - 14 never follow spending plan
 - Stewardship
 - 80 give 10% or more to the Lord (21 do not)
 - Debt
 - 13 have high credit card balances (87 do not)
 - Future Planning
 - 42 use a professional financial advisor (58 do not)