

Project Selection Tools by Dorji Penjore (work under progress)

16. Time Use and Balance

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1. Family			
Will reduce time normally meant for family	Not sure if it will take away time meant for family	Will not take away time meant for family	Will add more time to spend with family
1	2	3	4

2. Care of children			
Will reduce time for helping children	Not sure if it will reduce time for helping children	Will not decrease time for helping children	Will increase time for helping children,
1	2	3	4

3. Care of sick			
Will reduce time for helping sick	Not sure if will reduce time for helping sick	Will not decrease time for helping sick	Will increase time for helping sick
1	2	3	4

4. Care of elderly household members			
Will reduce time for helping elderly household members	Not sure if it will reduce time for helping elderly household members	Will not decrease time for helping elderly household members	Will increase time for helping elderly household members
1	2	3	4

5. Village participation1: meeting (<i>zomdue</i>)			
Will decrease time for meeting (<i>zomdue</i>)	Not sure if it will decrease time for meeting (<i>zomdue</i>)	Will not decrease time for meeting (<i>zomdue</i>)	Will increase time for meeting (<i>zomdue</i>)
1	2	3	4

6. Village participation2: volunteer and community work			
Will decrease time for volunteer and community work	Not sure if it will decrease time for volunteer and community work	Will not decrease time for volunteer and community work	Will increase time for volunteer and community work

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1	2	3	4
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7. Social activities			
Will lead to reduced participation in social activities	Not sure if it will reduce participation in social activities	Will not reduce participation in social activities	Will increase participation in social activities
1	2	3	4

8. Cultural activities			
Will lead to reduced participation in cultural activities	Not sure if it will reduce participation in cultural activities	Will not reduce participation in cultural activities	Will increase participation in cultural activities
1	2	3	4

9. Religious activity1: circumambulation			
Will reduce time meant for circumambulation	Not sure if it will reduce time meant for circumambulation	Will not reduce time meant for circumambulation	Will increase time meant for circumambulation
1	2	3	4

10. Religious activity2: offering			
Will reduce time meant for making offering	Not sure if it will reduce time meant for making offering	Will not reduce time meant for making offering	Will increase time meant for making offering
1	2	3	4

11. Religious activity3: conducting rituals/attending teachings			
Will reduce time meant for conducting rituals/attending teachings	Not sure if it will reduce time meant for conducting rituals/attending teachings	Will not reduce time meant for conducting rituals/attending teachings	Will increase time meant for conducting rituals/attending teachings
1	2	3	4

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12. Religious activity4: praying			
Will reduce time meant for praying	Not sure if it will reduce time meant for praying	Will not reduce time meant for praying	Will increase time meant for praying
1	2	3	4

13. Religious activity5: prostration			
Will reduce time meant for prostration	Will reduce time meant for prostration	Will not reduce time meant for prostration	Will increase time meant for prostration
1	2	3	4

14. Religious activity6: meditation			
Will reduce time meant for meditation	Not sure if it will reduce time meant for meditation	Will not reduce time meant for meditation	Will increase time meant for meditation
1	2	3	4

15. Sports and entertainment			
Will reduce sports and entertainment time	Not sure of it will reduce leisure and entertainment time	Will not reduce sports and entertainment time	Will increase sports and entertainment time
1	2	3	4

16. Personal care 1: rest and leisure			
Will reduce rest and leisure time	Not sure whether it will reduce rest and leisure time	Will not reduce rest and leisure time	Will increase rest and leisure time
1	2	3	4

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17. Personal care 2: sleep			
Will decrease number of sleeping hours	Not sure if it will decrease number sleeping hours	Will not decrease number of sleeping hours	Will increase number of sleeping hours
1	2	3	4

18. Socialization1: family			
Will decrease time for socializing with family	Not sure if it will decrease time for socializing with family	Will not decrease time for socializing with family	Will increase time for socializing with family
1	2	3	4

19. Socialization2: relatives			
Will decrease time for socializing with relatives	Not sure if it will decrease time for socializing with relatives	Will not decrease time for socializing with relatives	Will increase time for socializing with relatives
1	2	3	4

20. Socialization3: friends			
Will decrease time for socializing with friends	Not sure if it will decrease time for socializing with friends	Will not decrease time for socializing with friends	Will increase time for socializing with friends
1	2	3	4

21. Socialization4: neighbours			
Will decrease time for socializing with neighbours	Not sure if it will decrease time for socializing with neighbours	Will not decrease time for socializing with neighbours	Will increase time for socializing with neighbours
1	2	3	4

22. Education and learning			
Will decrease time for education and learning	Not sure if it will decrease time for	Will not decrease time for education	Will increase time for time for education

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	education and learning	and learning	and learning
1	2	3	4

23. Zorig chusum			
Will decrease time for learning and practicing thirteen arts and crafts	Not sure if it will decrease time for learning and practicing thirteen arts and crafts	Will not decrease time for learning and practicing thirteen arts and crafts	Will increase time for learning and practicing thirteen arts and crafts
1	2	3	4