



ACTIVITY SCHEDULE FOR DAILY PLANNING: Todays date:.....

List below pleasurable activities, relaxation, exercise, healthy eating, small tasks.

7 am		3 pm	
8 am		4 pm	
9 am		5 pm	
10 am		6 pm	
11 am		7 pm	
12 am		8 pm	
1 pm		9 pm	
2 pm		10 pm	
Telephone Calls/Emails		Jobs or Small Tasks To Do	Today's Goal
List any calls you plan to make		List any small jobs, small tasks or activities you hope to achieve during the day.	Consider identifying an achievable goal for the day