

ACTIVITY SCHEDULE

Day of the week:

MORNING					
7 am	8am	9am	10am	11am	12am
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:
AFTERNOON					
1pm	2pm	3pm	4pm	5pm	6pm
Activity:	Activity:	Activity:	Activity:	Activity:	Activity:
Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:

EVENING					
7pm	8pm	9pm	10pm		
Activity:	Activity:	Activity:	Activity:		
Relaxation activity:	Relaxation activity:	Relaxation activity:	Relaxation activity:		

PHOTCOPY BEFORE USE

INSTRUCTIONS:

- 1) For each hour of each day insert in the time box what activity you are going to do.**
- 2) Include specific tasks you hope to achieve in the time slot – for example, making telephone calls, jobs to be done etc.**
- 3) Try and set yourself some realistic and achievable goals for each day.**
- 4) For each hour identify a short relaxation activity you plan to do, for example a simple breathing exercise. Insert this in the relaxation activity box.**