



**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 <b>achievable</b> goal for the day	