

## Weekly Activity Schedule



Use the schedule below to plan your activities for the coming week. When will you take care of the things you can take care of? Make sure you schedule in problem solving actions you need to take, and some time for pleasurable or relaxing activities, as these are crucial to looking after yourself.

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8 to 9am							
9 to 10							
10 to 11							
11 to 12pm							
12 to 1							
1 to 2							
2 to 3							
3 to 4							
4 to 5							
5 to 6							
6 to 7							
7 to 8							
8 to 10							
10 to 12 am							