

My Activity Planner

Use your *Planner* and *Review* sheets to plan each activity. Plan a balance of activities over the days and week. Choose things you enjoy, gives you a sense of achievement or makes you feel close to others.

Build things up over a few weeks so you end up with one activity planned in your free time. Leave some gaps for the unexpected things that crop up. Have some time just for you.

Get into a **routine**- a time to get up, eat, go to bed, and do the household chores, or perhaps to go for a walk, or read a book.

Plan in the **key essentials** that otherwise will build up and cause you problems- keeping up with housework, looking after yourself and getting to meet family/friends..

	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			