

ACTIVITY LOG WORKSHEET

Schedule your activities for the week including your basic daily routine (wake up time, bed time, meal times, meetings and activities. Plan at least one activity every day that is for pleasure.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00							
9:00							
10:00							
11:00							
Noon							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							
11:00							
Midnight							