

## Activity Diary

Try to plan activities to fill your week. This can help you to make good use of your time.

|           | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------|--------|---------|-----------|----------|--------|----------|--------|
| Breakfast |        |         |           |          |        |          |        |
| Morning   |        |         |           |          |        |          |        |
| Morning   |        |         |           |          |        |          |        |
| Lunch     |        |         |           |          |        |          |        |
| Afternoon |        |         |           |          |        |          |        |
| Afternoon |        |         |           |          |        |          |        |
| Dinner    |        |         |           |          |        |          |        |
| Evening   |        |         |           |          |        |          |        |
| Bedtime   |        |         |           |          |        |          |        |