



## Weekly Activity Schedule

Write in each box each day at least: one enjoyable activity for minimum 30 minutes & two jobs around house

<b>Time</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
6 - 7 AM							
7 - 8 AM							
8 - 9 AM							
9 - 10 AM							
10 - 11 AM							
11 - 12 AM							
12 - 1 PM							
1 - 2 PM							
2 - 3 PM							
3 - 4 PM							
4 - 5 PM							
5 - 6 PM							
6 - 7 PM							
7 - 8 PM							
8 - 9 PM							
9 - 10 PM							
10 - 11 PM							