

Planned Activities

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							

P = pleasurable activity, M = mastery activity, E = exercise

Actual Activities

	Mon	Tues	Wed	Thur	Fri	Sat	Sun
8:00							
9:00							
10:00							
11:00							
12:00							
1:00							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							

P = pleasurable activity, M = mastery activity, E = exercise (Rate each one 0-10)