

Weekly Schedule

Time of day	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M O R N I N G							
A F T E R N O O N							
E V E N I N G							

Indicate activities in different colors: **Work** color = _____ **Self-care** color = _____ **Leisure** color = _____

Establishing Structure With WORK, SELF-CARE and LEISURE

<p style="text-align: center;">WORK</p> <p style="text-align: center;">Productive activities expected of you</p>	<p style="text-align: center;">SELF-CARE</p> <p style="text-align: center;">Activities to nurture mind, body and soul</p>	<p style="text-align: center;">LEISURE</p> <p style="text-align: center;">Activities for fun or relaxation</p>
<p style="text-align: center;">Job Household chores Clean Pay bills Review mail Maintain car Parenting Care-giving Volunteering Organizing Cooking Shopping Pet care Errands Commuting Education</p>	<p style="text-align: center;">Sleep hygiene Regulated Eating Exercise Grooming Hygiene Relaxation tools Spiritual activities Journaling Taking a hot bath Affirmations Manicure/pedicure Haircut Massage Socializing</p>	<p style="text-align: center;">Reading Movies Music Arts & crafts Going for coffee Going out to eat Time with friends Cards or board games Computer or video games Museums Theatre Concerts Day trips Walking in nature Watching or playing sports</p>