

Weekly Activity Schedule.

	Mon .../.../...	Tues .../.../...	Wed .../.../...	Thurs .../.../...	Fri .../.../...	Sat .../.../...	Sun .../.../...
7 am – 8 am							
8 am – 9 am							
9 am – 10 am							
10 am – 11 am							
11 am – 12 pm							
12 pm – 1 pm							
1 pm – 2 pm							
2 pm – 3 pm							
3 pm – 4 pm							
4 pm – 5 pm							
5 pm – 7 pm							
7 pm onwards							

FIGURE 7.3 *Blank weekly activity schedule (WAS)*

Notes: Simply write down what you do in the times marked each day. One or two words are enough to describe what you do. For example, if you were doing housework at 10am–11am on Monday morning you would only need to write housework in the space provided. Please remember to bring this sheet with you at your next appointment. Your next appointment is scheduled for...../...../.....at.....am/pm.