

Sample activity chart

Try planning the next few weeks and review your progress as you go.

Date	Midnight to midday (morning)											Midday to midnight (afternoon/evening)												
	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11
__/__/__																								
Monday																								
Tuesday																								
Wednesday																								
Thursday																								
Friday																								
Saturday																								
Sunday																								

Key:

- High-energy activity (physically, mentally or emotionally demanding tasks)
- Low-energy activity (something which doesn't use a lot of energy)

- Rest time
- Sleep

- Fatigue (when you've had to stop what you were doing, sit down or go to bed to rest)