

Weekly Activity Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Wake-9am							
9am-10am							
10am-11am							
11am-12pm							
12pm-1pm							
1pm-2pm							
2pm-3pm							
3pm-4pm							
4pm-5pm							
5pm-6pm							
6pm-7pm							
7pm-8pm							
8pm-9pm							
9pm-Bed							

Fill it in with your current usual weekly activities

Identify: H - have to do S - should do W - would like to do

Weekly Activity Diary

Prioritise and list top 5: H - have to do S - should do W – would like to do

Have to do	Should do	Would like to do
1	1	1
2	2	2
3	3	3
4	4	4
5	5	5

Top 5 things I would like to do for *myself*:

1
2
3
4
5

Transfer these activities only to your Weekly Activity Diary