

## Weekly activity diary

A weekly activity diary helps you become more aware of your activity needs and the importance of not trying to fit too much in. Print out these pages and fill in the first table with your current usual weekly activities.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Wake - 9am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm - Bed							

Now go back over your weekly activity diary and mark the activities you:

- 'have to do' with an **H**, 'should do' with an **S**, and 'would like to do' with a **W**.

## Priorities

Prioritise the top 5 activities in each group:

H – have to do	S – should do	W – would like to do
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.

List 5 things you would like to do *for yourself* (no matter how big or small):

1.
2.
3.
4.
5.

*Continued overleaf...*

## New weekly activity diary

Now fill out a new weekly activity sheet putting in the top five activities for each group (H, S, W) **PLUS** the five things you would like to do for yourself.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Wake - 9am							
9am							
10am							
11am							
12pm							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm - Bed							

Practise your new weekly activity sheet, and fine tune it where needed.