

EXAMPLE

EXAMPLE

EXAMPLE

EXAMPLE

EXAMPLE

EXAMPLE

## WEEKLY RECORD OF ACTIVITY

TIME	MONDAY	TIME	TUESDAY	TIME	WEDNESDAY	TIME	THURSDAY	TIME	FRIDAY	TIME	SATURDAY	TIME	SUNDAY
7am	Get up	9am	Get up	8am	Wake up	7pm	Wake up	8am	Get up	9:30 <sup>am</sup>	Get up	8am	Wake up.
7:10	Watch TV	9:10	Breakfast	10am	Get Up	12pm	Get up	8:10am	Breakfast	9:30	Eat	4pm	Get up.
8am	Breakfast	9:15	Watch TV	10:15	Breakfast	12:10pm	Read	8:20pm	TV	10:30 <sup>am</sup>	Wash/Dress	4:15 <sup>pm</sup>	Eat / TV
8:10	TV	10am	Shower	10:30	Bed (sleep)	1:30	Eat	11am	Eat	11:00 <sup>am</sup>	Go Shopping	8pm	Bed.
11am	Bed (Sleep)	10:30	Phone/TV	11:30	Bath	1:45	Read	11:15	TV	1pm	Home		
1pm	Shower	1:30 <sup>pm</sup>	Lunch	12pm	Bed (Doze)	5pm	Bed	12pm	Bed	1:15	Bed (Sleep)		
1:30	Bed	1:40 <sup>pm</sup>	TV/Phone	1:30 <sup>pm</sup>	Lunch	6pm	Eat	2pm	Read	2:15	TV		
4:30	Read in Bed	6pm	Rest/Sleep	1:45 <sup>pm</sup>	Watch TV	6:15 <sup>pm</sup>	TV	4pm	Bath	6:15	Sleep		
5:30	Dinner	9pm	Eat / TV	5:30 <sup>pm</sup>	Rest	10pm	Go to Bed	5pm	Bed (Sleep)	7:30	Eat		
6pm	Watch TV	1am	Go to Bed	6pm	Phone/TV			6:30 <sup>pm</sup>	Eat	7:45 <sup>pm</sup>	TV		
12pm	Go to Bed			7pm	Eat			6:45 <sup>pm</sup>	Phone	9pm	Go to Bed		
				7:10 <sup>pm</sup>	TV			7:45 <sup>pm</sup>	TV				
				10pm	Go to Bed			8pm	Dozed				
								10pm	Bed, but couldn't				
									Sleep till				
									1am.				