

**DAILY ROUTINE PLANNER** (with activity categories)

<b>Time</b>	<b>Activity</b>	<b>*</b>	<b>Time</b>	<b>Activity</b>	<b>*</b>	<b>Time</b>	<b>Activity</b>	<b>*</b>

\* H = High Activity (energy use) M = Medium Activity L = Low Activity