



My Weekly Activity Planner

Week beginning:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

Use this planner to **plan your Activities** over a week. This will help you to identify where you can break up and vary your activities better. You could use colour coding to highlight your activities in groups: **high**, **medium** and **low** impact or **work**, **rest** and **play**! Remember to plan in meals and sleep routines.