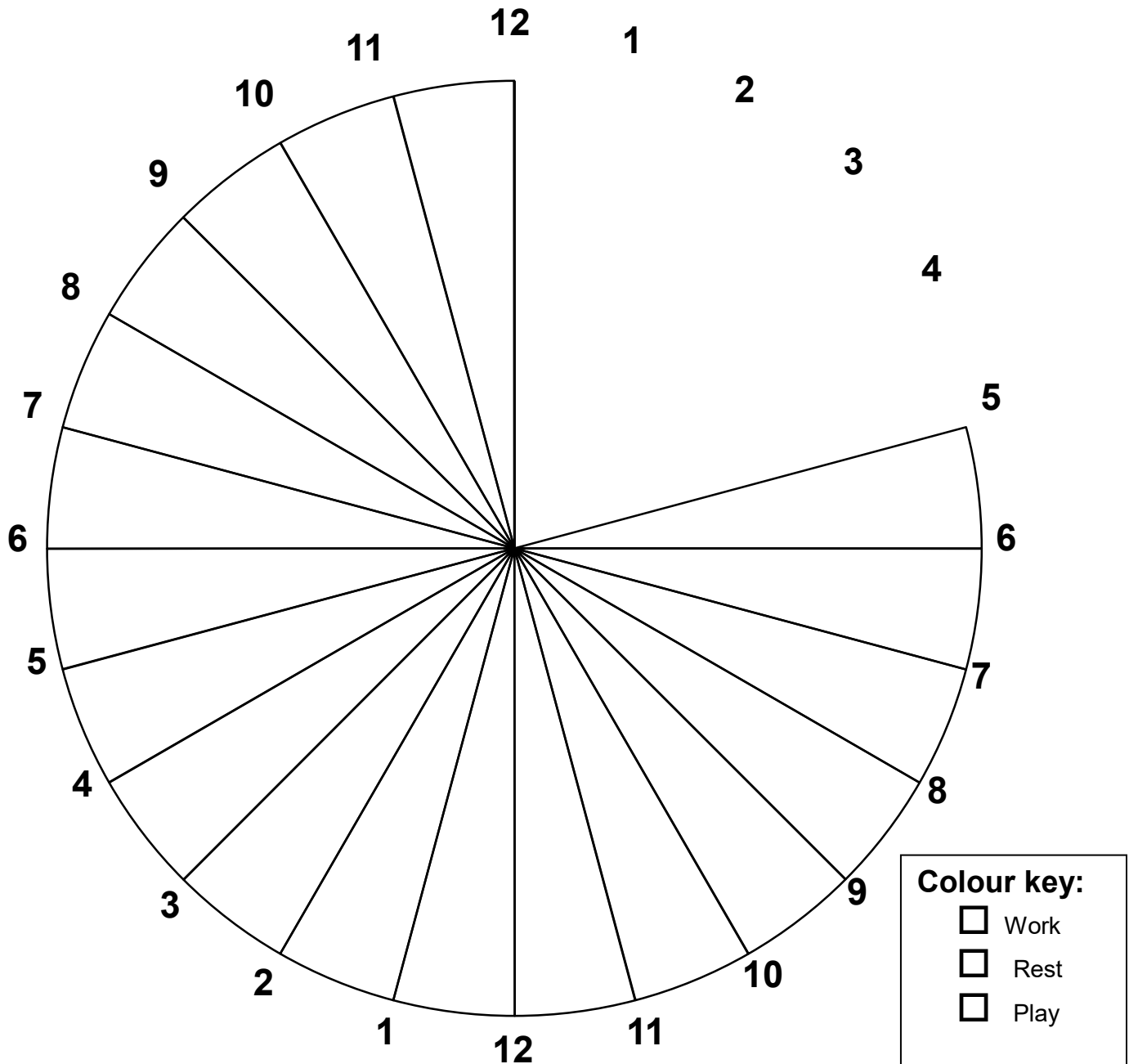




Work, Rest and Play worksheet

The aim of this worksheet is to help you reflect on the mix and balance of your activities over a typical day.

Using a different coloured pen/pencil or type for each of Work, Rest and Play, colour in the 24 hour wheel below for a typical day, based on the main activity you were doing for each hour of that day. If you have completed an Activity Diary, you can refer to that to help you recall your activities.



You can use the table over the page to help you sort your activities under the 3 headings

