

Daily Activity Schedule	
<u>PLAN</u> Plan your activities on an hour-by-hour basis at the start of the day	<u>REVIEW</u> At the end of the day, record what you actually did and rate each activity with a A for Achievement or a P for Pleasure
Date: Time:	
8-9	
9-10	
10-11	
11-12	
12-1	
1-2	
2-3	
3-4	
4-5	
5-6	
6-7	
7-8	
8-9	
9-10	
10-11	
11-12	

12-1	
1-2	
2-3	
3-4	
4-5	
5-6	
6-7	
7-8	
Achievement and Pleasure activities must be rated from 0 to 5, the higher the number, the greater the sense of satisfaction	