

Weekly Schedule

MORNING

AFTERNOON

EVENING

example	○ Tidy up 15 mins (T)	○ Go for a walk (P) ○ Make dentist appt (T)	○ Cook new recipe (M) ○ Listen to music (P)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Remember to mark activities: (M) for Mastery, (E) for Enjoyment and (T) for Tasks*