

WEEKLY ACTIVITIES SCHEDULE

Use the schedule provided to plan your activities for the upcoming week. Be as specific as possible and include items such as doing the dishes as well as the pain management strategies you will employ regularly such as using relaxation techniques. *Be realistic* in your planning so that you are able to follow the schedule. **Remember:** Failing to plan is planning to fail!

Time	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7:00am							
8:00							
9:00							
10:00							
11:00							
12:00pm							
1:00							
2:00							
3:00							
4:00							
5:00							
Evening							