

Planning your day

Fill out the worksheet on the following page, remembering that your day should include:

- The things you need to do e.g. Housework, grocery shopping, work
- The things you want to do e.g. Your daily steps toward your SMART goal (listed in activity #46)
- Rest times e.g. After exercise and activity
- Meal times including preparation
- Things that make you happy and are enjoyable e.g. Watching tv, spending time with family/friends, your hobbies

Beside each activity rank out of 3 how important it is. This helps you to pick out what matters most to you – these are the things you conserve energy for.

1= very important, you will do this regardless of weather, pain or any other reason

2 = important and you will try to schedule time in the day to do this

3 = not that important, if you have time you will do it

In the section called how'd you go, give it a score out of 3 for how you felt doing this activity. This helps you to keep track of the things you are doing well at and the areas you need to work on.

1 = I had no problems, it was easy

2 = it was challenging but there were no problems afterwards

3 = it was very difficult and I struggled afterwards

In the section what did I learn – this is an area where you can write notes about anything you learnt from the activity you completed:

- What went well and you can build on
- What didn't go well and you need to modify, adjust or pace differently
- Inspiration for the days you are struggling
- Motivation to read back over and realise how far you have come

Important: remember to schedule time every day for the things you enjoy, your hobbies and spending time with the people you love.

Activity/Rest	Importance	How did you go?	What did you learn?
6am			
7am			
8am			
9am			
10am			
11am			
12pm			
1pm			
2pm			
3pm			
4pm			
5pm			
6pm			
7pm			
8pm			
9pm			
10pm			