

Activity Monitoring

Here's what to do:

- With your clinician, outline your activities for today (up to now), then complete the remainder at home tonight.
- Choose one other day this week and keep track of your activities.
- In each time slot, fill in what you were doing.

	Date/Day:		Date/Day:
	Activity		Activity
7 AM		7 AM	
8 AM		8 AM	
9 AM		9 AM	
10 AM		10 AM	
11 AM		11 AM	
NOON		NOON	
1 PM		1 PM	
2 PM		2 PM	
3 PM		3 PM	
4 PM		4 PM	
5 PM		5 PM	
6 PM		6 PM	
7 PM		7 PM	
8 PM		8 PM	
9 PM		9 PM	
10 PM		10 PM	
11 PM		11 PM	
12+		12+	