

ACTIVITY CHART

Day/Date							
Time							
Activities Done							
5:00-6:00							
6:00-7:00							
7:00-8:00							
8:00-9:00							
9:00-10:00							
10:00-11:00							
11:00-12:00	:						
12:00-13:00							
13:00-14:00							
14:00-15:00							

ACTIVITY CHART

Day/Date							
Time							
Activities Done							
15:00-16:00							
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							
20:00-21:00							
21:00-22:00							
22:00-23:00							
23:00-00:00							
00:00-1:00							

ACTIVITY CHART

This Activity Chart is a therapeutic tool for “self-monitoring”. It helps you as well as the therapist (if you are seeing one) to understand how your day is going and what changes can be made in the same.

Instructions:

1. In the column of day/date: put in the day or the date for which you are putting in the schedule for.
2. Fill in the activity done in front of the time column.

Please Note:

1. The time is divided into a slot of one hour each, but some activities may continue for more time than that. Please feel free to put a “}” (merge sign) to denote continuation of activity. For example:

22:00-23:00	}						
23:00-00:00		TV					
00:00-1:00							

2. Take as many printouts as required.