




Weekly Activity for



Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
 Morning	Activity	Activity	Activity	Activity	Activity	Activity	Activity
	Duration	Duration	Duration	Duration	Duration	Duration	Duration
 Afternoon	Activity	Activity	Activity	Activity	Activity	Activity	Activity
	Duration	Duration	Duration	Duration	Duration	Duration	Duration
 Evening	Activity	Activity	Activity	Activity	Activity	Activity	Activity
	Duration	Duration	Duration	Duration	Duration	Duration	Duration