

# Planning Your Day Worksheet

Use this daily planner-style to-do list to plan your day. Be sure to think about how to balance rest and activity. This will help you to complete the things you would like to do, while keeping your symptoms at a manageable level.

DATE:

DAY OF THE WEEK:

TIME	ACTIVITY	ACTIVE OR REST?	HOW DO YOU FEEL BEFORE/AFTER?
6:00 am			
7:00 am			
8:00 am			
9:00 am			
10:00 am			
11:00 am			
12:00 pm			
1:00 pm			
2:00 pm			
3:00 pm			
4:00 pm			
6:00 pm			
8:00 pm			
9:00 pm			
10:00 pm			
11:00 pm			
12:00 am			

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