

**Structure Your Week**

This diary sheet will help you to structure your week. You can see how you have planned and paced what you have done. Include rest, relaxation as well as activity and exercise. Colour code if you want to.

<b>Time of day</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Morning</b>							
<b>Afternoon</b>							
<b>Evening</b>							