

STEP 6 – PLAN ACTIVITIES AND REST PERIODS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

STEP 7 – INCREASE BASELINE

After one week slowly increase the time for an activity / task by 10% and keep increasing each week until you meet your goal. Print this page for each week you are increasing your baseline.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning							
Afternoon							
Evening							

