|  |  |  |
| --- | --- | --- |
| Time | Activity | Completed |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Daily Timetable**

**Tip:** Try and alternate between things you need to do, such as tidying or cleaning and things you want to do, such as playing a game or watching TV.

**Tip:** Be sure to include some time outside for fresh air!

**Remember:** You may fill in this timetable and then not feel able to do the activities on it at a later time. This is normal and it is important to be kind to yourself, however if this persists please talk to those around you. They may be able to support you with your motivation.