

Activity Schedule



Capital Health

People who are ill often lose interest in their usual activities. It is important to make an activity schedule to remind you of things to do each day.

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
7-8							
8-9	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
9-10							
10-11							
11-12							
12-1	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
1-2							
2-3							
3-4							
4-5							
5-6	Supper	Supper	Supper	Supper	Supper	Supper	Supper
6-7							
7-8							
8-9							
9-10							
10-11							

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