

# 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							

Authors: Susan Charlton RN, BScN and Elizabeth Emberly RN, BScN

Approved by: Catherine Thibeault, RN, MN, PhD(c), Clinical Nurse Specialist, Acute Care Capital District Mental Health Program, NS

WM85-0760 Reviewed 09/2011