

## Activity schedule (see pp.230-42)

Use P ratings to represent *pleasure* (0–10 or 0–100)

Use A ratings to represent a sense of *achievement* (0–10 or 0–100)

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 midnight to 6 a.m.							
6–8 a.m.							
8–10 a.m.							
10 a.m.– midday							
midday– 2 p.m.							

2–4 p.m.							
4–6 p.m.							
6–8 p.m.							
8–10 p.m.							
10–mid- night							
midnight – 4 a.m.							

You may prefer to redraw your schedule with each box representing one hour of activity during the day and have a single box representing 12 midnight to 7 or 9 a.m. Some individuals find this more useful as it gives them more space to record what they do during daylight hours