

Self-regulation chart (see Figure 9, p.165)

Activity*	Time**	Actual time did the activity						
		Mon	Tues	Wed	Thur	Fri	Sat	Sun
Getting up	Preferred							
Going to bed								

*Use the blank boxes to identify your chosen activities

**Put preferred time for undertaking activity opposite the horizontal line in column 2, then choose times about two hours either side of preferred time and record as a graph in column 3 the actual time the activity was undertaken each day