



Weekly Activity Schedule

Create a schedule of things you have been avoiding. If you are feeling depressed or anxious, you may find it difficult to accomplish big tasks. We can work toward this! If you feel this way now, start with simple goals and work your way up. Be sure to include a list of people you could do some of these activities with, if that would help you to ensure you can do them!

Day	Morning	Afternoon	Evening
<i>Example</i>	<ul style="list-style-type: none"> • Meet with walking buddy • Coffee at coffee shop 	<ul style="list-style-type: none"> • Email to nephew • Play guitar 	<ul style="list-style-type: none"> • Grocery shopping for the week • Dinner with neighbor
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			