**Weekly Schedule for CHAMP**

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| **Day** | **Morning** | **Afternoon** | **Evening** |
| *Example* | * Meet with walking buddy * Coffee at coffee shop | * Email to nephew * Play guitar | * Grocery shopping for the week * Dinner with neighbor |
| **Monday** |  |  |  |
| **Tuesday** |  |  |  |
| **Wednesday** |  |  |  |
| **Thursday** |  |  |  |
| **Friday** |  |  |  |
| **Saturday** |  |  |  |
| **Sunday** |  |  |  |

Create a schedule of things you tend to put off or that you know would be helpful to you. If you are feeling depressed or anxious, you may find it difficult to accomplish big tasks. We can work toward this! 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!