

Make a Plan. With a little time for planning and creativity, you can start doing the recreational activities you enjoy or try new ones. Get started by filling out this worksheet. After you fill it out, post it somewhere like the refrigerator, a bulletin board, or a bathroom mirror to remind you of your plans. Include some activities from all three categories (ie, socialization, active recreation, and relaxation) in your weekly schedule.

Week No. _____

Day	What activity would you like to do?	Did you do it? Check Yes or No
Monday	1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
	2.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Tuesday	1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
	2.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Wednesday	1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
	2.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Thursday	1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
	2.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Friday	1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
	2.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Saturday	1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
	2.	<input type="checkbox"/> Yes <input type="checkbox"/> No
Sunday	1.	<input type="checkbox"/> Yes <input type="checkbox"/> No
	2.	<input type="checkbox"/> Yes <input type="checkbox"/> No