

Weekly Plan Sheet for the week of _____

My Week Includes:

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5a							
5:30							
6a							
6:30							
7a							
7:30							
8a							
8:30							
9a							
9:30							
10a							
10:30							
11a							
11:30							
12n							
12:30							
1p							
1:30							
2p							
2:30							
3p							
3:30							
4p							
4:30							
5p							
5:30							
6p							
6:30							
7p							
7:30							
8p							
8:30							
9p							
9:30							
10p							
10:30							

Work/Livelihood, Spirituality/Faith, Exercise, Relationships, Creativity/Play, Learning/Intellectual Stimulation, Self Care.

Example Weekly Plan Sheet for the week of 9/26-10/2/2010

My Week Includes (Create your own):

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5a							
5:30	Shower/Dress	Shower/Dress	Shower/Dress	Shower/Dress	Shower/Dress	Shower/Dress	Shower/Dress
6a	Spiritual Time	Spiritual Time	Spiritual Time	Spiritual Time	Spiritual Time	Spiritual Time	Spiritual Time
6:30							
7a	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
7:30		Laundry	Laundry	Laundry			
8a	Weekly	Coaching		Meeting		Coaching	
8:30	Planning	Session				Session	
9a					Dentist Appt		
9:30							
10a		ICA Class	Coaching	ICA Class	Appt.		
10:30			Session				
11a							Meeting
11:30	Lunch	Lunch	Lunch	Lunch	Meeting	Lunch	Lunch
12n						Coaching	
12:30						Session	
1p		Errands	ICA Class	ICA Work		Errands	
1:30					Client Mtg		
2p							
2:30		Household				Household	
3p		Mgmt				Mgmt	Errands
3:30							
4p							
4:30							
5p		Coaching					
5:30	Date Night	Session					
6p	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
6:30				Meeting			
7p		Bus. Call				Spiritual Time	
7:30							
8p		Exercise		Exercise	Bus. Call		Exercise
8:30							
9p							
9:30							
10p							
10:30							

Spirit Time
Personal Time

Family Time
Relationship Time

Business Time
Household Mgmt

Class/HW Time
Self Care