

Record the following for 10 days:

Amount of sleep	Physical activity
Getting outdoors	Self Care
Time with Friends/Family	Time at work
Number of days feeling frustrated/lacking drive	Number of days feeling over tired/muscle stiffness

Day 1	Day 2	Day 3	Day 4	Day 5
Day 6	Day 7	Day 8	Day 9	Day 10

What helps is having a visual of the information. This determines what the scheduling for tomorrow and next week/next month will work.