MY DAILY STRUCTURE PLAN

Activities / tasks that I need to do every day include:

	When	Mesh with
Bathing	_____	_____
Cleaning	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Communications	_____	_____
Family	_____	_____
Friends	_____	_____
Others	_____	_____
Creativity	_____	_____
Work	_____	_____
Self-care	_____	_____
Exercise	_____	_____
Relaxation	_____	_____
Play	_____	_____
Learning	_____	_____
Projects/Goals		
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____