

My weekly activity diary

Part of *Ten Footsteps for Carers*, an interactive resource from *Live Well with Pain*
Find out more at livewellwithpain.co.uk



	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1am							
2am							
3am							
4am							
5am							
6am							
7am							
8am							
9am							
10am							
11am							
12 noon							
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							
10pm							
11pm							
12pm							

How to use this diary

Write your commitments in the squares on the diary.

Now colour code each square based on how taxing the commitment is for you. For example, you could use red for high, orange for medium and green for low.

Now stand back from the chart and look at the colour balance of your high, medium and low commitments.

Are there any changes you'd like to make to balance your commitments better?

Try completing a second chart of how you would like things to be. Then work with the person you care for (or another relative, friend or health / social care practitioner) to help you achieve it.