

Weekly Activity Record

Bipolar Group Programme

Week Beginning: _____

Instructions: During the week, complete this sheet to show the main activities you do for each hour. Include things like watching TV, preparing dinner, cleaning, sleeping, etc.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 to 8 am							
8 to 9							
9 to 10							
10 to 11							
11 to 12 pm							
12 to 1							
1 to 2							
2 to 3							
3 to 4							
4 to 5							
5 to 6							
6 to 7							
7 to 8							
8 to 10							
10 onwards							

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