

## **Activity Schedule**

Building an activity schedule, helps us to balance both professional and personal life, with the pandemic changing our routine and taking away the comfort of home.

It can make us more proactive and less lethargic, and assists us in getting more work done, in a shorter time span and in a structured manner. Maintaining an activity schedule further aids in anxiety and stress management, and helps manage our overall physical and emotional well-being.

Below is an example of an activity schedule -:

Week ..... -: From ..... to .....

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 - 8 AM							
8 - 10 AM							
10 AM - 12 PM							
12 - 2 PM							
2 - 4 PM							
4 - 6 PM							
6 - 8 PM							
8 - 10 PM							
10 PM - 12 AM							