

Figure 5-2. Daily Activity Schedule.

PROSPECTIVE:

Plan your activities on an hour-by-hour basis at the start of the day.*

RETROSPECTIVE:

At the end of the day, record what you actually did and rate each activity with an M for mastery or a P for pleasure.*

Date _____

TIME

8-9		
9-10		
10-11		
11-12		
12-1		
1-2		
2-3		
3-4		
4-5		
5-6		
6-7		
7-8		
8-9		
9-12		

*Mastery and pleasure activities must be rated from 0 to 5: the higher the number, the greater the sense of satisfaction.