

Activity Brainstorming Worksheet: Weekdays

Typical Morning (workout, breakfast, commute, etc)

Typical Afternoon/Daytime (career, stay at home parent, student)

Typical Evening (commute, dinner, chores, social activities)

Activity Brainstorming Worksheet: Weekends

Typical Morning (workout, breakfast, errands, etc)

Typical Afternoon/Daytime (errands, family time, trips)

Typical Evening (family time, relaxing, social things, etc.)