

## ACTIVITIES TABLE

### My Daily Planner

*What I do now:*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>						
<b>Afternoon</b>						
<b>Evening</b>						

*What I would like to do:*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>						
<b>Afternoon</b>						
<b>Evening</b>						

**My Yearly Planner:**

This section helps you to think about the type of supports you will require and the number of community-based activities you would like to engage in throughout the year e.g. facility-based respite, camps.

**Example:**

Month	Activity	Support required	Duration
January	Facility based respite	1:1 supports	3 nights
February	-		-
March	Camp	2:1 supports	Overnight

Please fill the table with activities of your preference:

Month	Activity	Support required	Duration
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			