

Activity Schedule • Sunday – Wednesday



Put an "X" in the box after you complete each task.

Dates: _____

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
9 a.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 a.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 a.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
noon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Original materials developed by Dr. Monica Ramirez Basco. Adapted with permission.

For more information, contact your local
 mental health authority or behavioral health authority.
dshs.texas.gov/mhservices-search/



TEXAS
 Health and Human
 Services

Activity Schedule • Thursday – Saturday



Put an "X" in the box after you complete each task.

Dates: _____

	THURSDAY	FRIDAY	SATURDAY
9 a.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 a.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11 a.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
noon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 p.m.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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