

Planning for Work

Name: _____ Date: _____

Use this tool to map out your daily routines to identify open times of day to work. Consider energy levels, personal responsibilities (e.g., therapy, chores, medications, bedtimes, etc.), activities (e.g., sports, church, etc.) and transportation needs.

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

What parts of my schedule could change? What parts are a priority?