

EXERCISE 6.2 AVERAGE TIME OF ACTIVITY

In the chart below, indicate the average time you typically start each activity, or the time you believe you need to start them in order to maintain a good, healthy daily rhythm. Be sure to include a.m. or p.m. For example, "Monday -- Out of bed -- 7:00 a.m." You will use these times to determine your daily rhythm ratings on your Rhythm Chart (Exercise 6.3).

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Out of bed							
First contact (in person or by phone) with another person							
Have morning beverage							
Have breakfast							
Go outside for the first time							
Start work, school, house- work, volunteer activities, child/family care							
Have lunch							
Take an afternoon nap							
Have dinner							
Physical exercise							
Have an evening snack/drink							
Watch evening TV news							
Watch another TV program							
Activity A							
Activity B							
Return home (last time)							
Go to bed							