Schedule daily activities

Try to write down your daily activities in general. This means daily activities per day and from the morning until the evening.

Please see below an example of how you could write down your daily activities.

Before you got sick		**After you got sick**	
Time	**Activity**	**Time**	**Activity**
8:00	Work		Breakfast
12.00	Lunch at work		You get help with cleaning the house
17:00	Return home		Lunch
18:00	Dinnertime		You rest for one hour in bed or on the couch
20:00	Sport		Physiotherapist
22:30			Dinnertime

Schedule daily activities

Now it is your turn to think about your daily activities and fill out the schedule below. I would advise you to fill out this schedule on a daily base for a while to see what kind of activities you do in general during the day.

Before you got sick		**After you got sick**	
Time	**Activity**	**Time**	**Activity**