

Return to Activity (Sample Sheet)

Questions to Consider

- What is important?
- When do they have to be done by?
- When is the best time to do these activities, for how long?
- Who or what can help?
- What breaks will you take?
- How can you break up tasks so they are manageable?
- Where can you do your activities so you feel best?
- What supports or accommodations will help you do these activities?

My priorities/goals:

- 1.
- 2.
- 3.

Today's plan (include activities & breaks, and location):

- 1.
- 2.
- 3.

Strategies to support today's activities:

- 1.
- 2.
- 3.

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