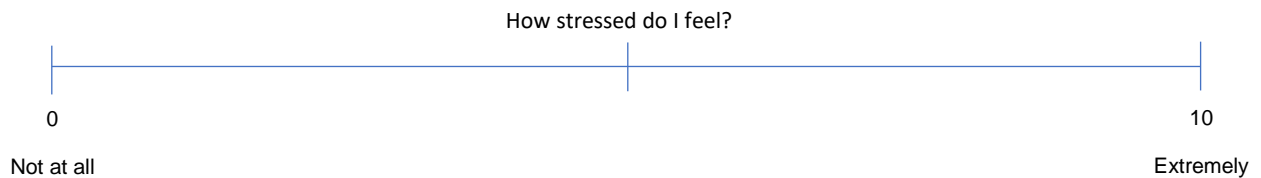


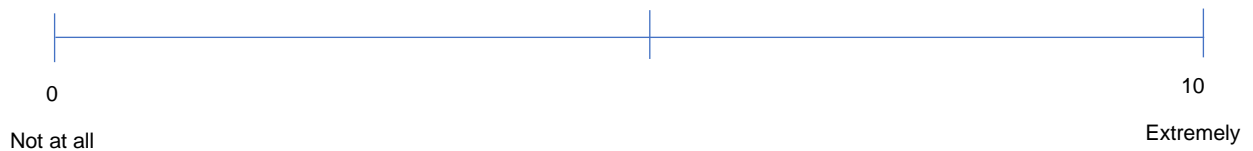


1. In the left column, write the hours of your day, depending on when you start your day and finish.
2. Enter your appointments and MUST Dos in the timetable. Once completed, either colour code or write in the box, whether an activity/task is LOW intensity, MODERATE intensity or HIGH/HECTIC intensity. For the sake of this exercise, intensity can refer to a thinking, emotional or physical task. For example, if you have lots of errands to run in busy traffic for two hours, that may be a HECTIC level of intensity for you. It does not necessarily need to relate to exercise intensity.
3. Review your timetable. Do you have a bunch of HECTIC tasks scheduled closely together? Where in your timetable can you schedule rest or recovery? Do you need to change some of your activities/tasks around to different times/days to better allow for proactive recovery?
4. Test and measure. You can use performance variables that matter to you. For example, I use a simple, self-created stress scale and quality of sleep scale. There are gold standard measures you can use; however, I find visual scales like this, simple to use and quick. Please note that I am not a psychologist or trained in mental health. If stress or poor sleep continue to be an issue, please see your treating Doctor.

## STRESS SCALE



## ENERGY LEVELS



## SLEEP QUALITY

- Deep sleep
- Slept through
- Restless/light sleep
- Woke many times
- Difficulty getting to sleep