

My Week

Write down what you do next week. Include everything, like when you sleep, go to classes, talk on the phone or see friends. If anything makes you feel really relaxed or really nervous, circle it. Also, give an overall rating for each day.

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------|--------|---------|-----------|----------|--------|----------|--------|
| Before 8 am | | | | | | | |
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| After 9 pm | | | | | | | |
| Today I felt: | | | | | | | |