

# Sample Return to Activities Daily 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.