**PACING ACTIVITIES** (Please include approximate time you will do activity ; eg. *shopping 1pm-2pm*)

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **WEEK** |  |  |  |  |  |  |
| **Morning**  **(5am – 12pm)** |  |  |  |  |  |  |  |
| **Afternoon**  **(12pm-5pm)** |  |  |  |  |  |  |  |
| **Evening**  **(5pm-10pm)** |  |  |  |  |  |  |  |