



ACTIVITY SCHEDULE

Exercise and social support are important for all of us, but they're especially important for people with a medical condition because they:

- **Help reduce the risk of depression and keep you involved in the world around you**
- **Encourage you to take better care of yourself and stick to your medical program**
- **Help you to live longer and with a better quality of life**

1. List things you enjoy doing on a good day

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2. List all persons willing to be an occasional or regular "activity partner" in your Wellness Program

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3. Schedule some of these activities in advance with the people you've listed above on a calendar. Allow yourself to cancel if needed.