

OPERANT LEARNING ACTIVITY PACING

HOWEWORK

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OPERANT LEARNING SESSION 1

INTRODUCTION TO THE CONCEPT OF PACING: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

- 1.** Use handouts 4 to 8 to complete your weekly activity sheet.
- 2.** Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.
- 3.** Try each activity a minimum of once, even those that you have avoided, until your pain or fatigue increase slightly. Write how long you were able to do the activity
- 4.** Plan a rest/relaxation period after you do your activities, and write down how long you need to rest/relax before the pain or the fatigue returns to normal.

Exercises/sports	Chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 1: _____(date)

Monday	Type of activity	Goals or time maintained until a slight increase of pain (hours, min)	Type of rest	Rest/relaxation time required (hours, min)
Morning				
6:00				
7:00				
8:00				
9:00				
10:00				
Lunch				
11:00				
12:00				
1:00				
2:00				
Afternoon				
3:00				
4:00				
5:00				
6:00				
Evening				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				

ACTIVITY PACING DIARY WEEK 1: _____(date)

Tuesday	Type of activity	Goals or time maintained until a slight increase of pain (hours, min)	Type of rest	Rest/relaxation time required (hours, min)
Morning				
6:00				
7:00				
8:00				
9:00				
10:00				
Lunch				
11:00				
12:00				
1:00				
2:00				
Afternoon				
3:00				
4:00				
5:00				
6:00				
Evening				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				

ACTIVITY PACING DIARY WEEK 1: _____(date)

Wednesday	Type of activity	Goals or time maintained until a slight increase of pain (hours, min)	Type of rest	Rest/relaxation time required (hours, min)
Morning				
6:00				
7:00				
8:00				
9:00				
10:00				
Lunch				
11:00				
12:00				
1:00				
2:00				
Afternoon				
3:00				
4:00				
5:00				
6:00				
Evening				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				

ACTIVITY PACING DIARY WEEK 1: _____(date)

Thursday	Type of activity	Goals or time maintained until a slight increase of pain (hours, min)	Type of rest	Rest/relaxation time required (hours, min)
Morning				
6:00				
7:00				
8:00				
9:00				
10:00				
Lunch				
11:00				
12:00				
1:00				
2:00				
Afternoon				
3:00				
4:00				
5:00				
6:00				
Evening				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				

ACTIVITY PACING DIARY WEEK 1: _____(date)

Friday	Type of activity	Goals or time maintained until a slight increase of pain (hours, min)	Type of rest	Rest/relaxation time required (hours, min)
Morning				
6:00				
7:00				
8:00				
9:00				
10:00				
Lunch				
11:00				
12:00				
1:00				
2:00				
Afternoon				
3:00				
4:00				
5:00				
6:00				
Evening				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				

ACTIVITY PACING DIARY WEEK 1: _____(date)

Saturday	Type of activity	Goals or time maintained until a slight increase of pain (hours, min)	Type of rest	Rest/relaxation time required (hours, min)
Morning				
6:00				
7:00				
8:00				
9:00				
10:00				
Lunch				
11:00				
12:00				
1:00				
2:00				
Afternoon				
3:00				
4:00				
5:00				
6:00				
Evening				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				

ACTIVITY PACING DIARY WEEK 1: _____(date)

Sunday	Type of activity	Goals or time maintained until a slight increase of pain (hours, min)	Type of rest	Rest/relaxation time required (hours, min)
Morning				
6:00				
7:00				
8:00				
9:00				
10:00				
Lunch				
11:00				
12:00				
1:00				
2:00				
Afternoon				
3:00				
4:00				
5:00				
6:00				
Evening				
7:00				
8:00				
9:00				
10:00				
11:00				
12:00				

OPERANT LEARNING SESSION 2

ACTIVITY AND REST CYCLING: HOMEWORK

WEEKLY GOAL SHEET

Instructions:

1. Use handout 14 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities and rest periods. Try to balance your weekly activities so that you have things to do every day.

Exercises/sports	Chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 2: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 2: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 2: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 2: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 2: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
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7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
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8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
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ACTIVITY PACING DIARY WEEK 2: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 2: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
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7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

OPERANT LEARNING SESSION 3

OVER-DOING, UNDER-DOING, AND REINFORCEMENT: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 14 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 3: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 3: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
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12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 3: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 3: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 3: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 3: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 3: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

OPERANT LEARNING SESSION 4

ADDRESSING PACING CHALLENGES: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 14 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 4: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 4: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 4: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 4: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 4: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 4: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 4: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

OPERANT LEARNING SESSION 5

PAIN AND FATIGUE AVOIDANCE: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 14 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 5: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 5: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 5: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 5: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 5: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 5: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 5: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

OPERANT LEARNING SESSION 6

REASSESSING ACTIVITIES: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 26 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 6: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 6: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 6: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 6: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 6: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 6: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 6: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

OPERANT LEARNING SESSION 7

USING PROPER BODY MECHANICS: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 26 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 7: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 7: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 7: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 7: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 7: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 7: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 7: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
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Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

OPERANT LEARNING SESSION 8

REACHING GOALS AND MAINTAINING STANDARDS: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 26 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 8: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
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9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
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5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
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9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 8: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
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9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
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2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
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5:00		☐ yes ☐ No	☐ yes ☐ No
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Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
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9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 8: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
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Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
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Afternoon			
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Evening			
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12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 8: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 8: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 8: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 8: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 26 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 9: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 9: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 9: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
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Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 9: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
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Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
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12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 9: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
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9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
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Evening			
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12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 9: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 9: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
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7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
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Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

OPERANT LEARNING SESSION 9

GETTING BACK TO A NORMAL LIFE: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 26 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
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3.	

ACTIVITY PACING DIARY WEEK 10: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
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Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
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1:00		☐ yes ☐ No	☐ yes ☐ No
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Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
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Evening			
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ACTIVITY PACING DIARY WEEK 10: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
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Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
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ACTIVITY PACING DIARY WEEK 10: _____(date)

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Lunch			
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ACTIVITY PACING DIARY WEEK 10: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
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Lunch			
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ACTIVITY PACING DIARY WEEK 10: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
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Lunch			
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11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 10: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
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Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
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Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 10: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 26 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 11: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 11: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 11: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 11: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 11: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 11: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 11: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

OPERANT LEARNING SESSION 10

MAINTAINING ACTIVITY PACING SKILLS: HOMEWORK

WEEKLY ACTIVITY SHEET

Instructions:

1. Use handout 26 to complete your weekly activity goals (see below).
2. Using your weekly calendar, build a daily routine in which you incorporate your activities. Try to balance your week so that you have things to do every day.

Exercises/sports	Want to do chores
1.	1.
2.	2.
Social/leisure activities	3.
1.	Mental tasks
2.	1.
3.	2.
Work/volunteer/housework	3.
1.	
2.	
3.	

ACTIVITY PACING DIARY WEEK 12: _____(date)

Monday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 12: _____(date)

Tuesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 12: _____(date)

Wednesday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 12: _____(date)

Thursday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 12: _____(date)

Friday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 12: _____(date)

Saturday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No

ACTIVITY PACING DIARY WEEK 12: _____(date)

Sunday	Type of activity (Goals)	Goal achieved?	Rest time taken?
Morning			
6:00		☐ yes ☐ No	☐ yes ☐ No
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
Lunch			
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No
1:00		☐ yes ☐ No	☐ yes ☐ No
2:00		☐ yes ☐ No	☐ yes ☐ No
Afternoon			
3:00		☐ yes ☐ No	☐ yes ☐ No
4:00		☐ yes ☐ No	☐ yes ☐ No
5:00		☐ yes ☐ No	☐ yes ☐ No
6:00		☐ yes ☐ No	☐ yes ☐ No
Evening			
7:00		☐ yes ☐ No	☐ yes ☐ No
8:00		☐ yes ☐ No	☐ yes ☐ No
9:00		☐ yes ☐ No	☐ yes ☐ No
10:00		☐ yes ☐ No	☐ yes ☐ No
11:00		☐ yes ☐ No	☐ yes ☐ No
12:00		☐ yes ☐ No	☐ yes ☐ No