



Baseline Week #1

Regular Activity April 21 – April 27

Monday _____ Tuesday _____
Wednesday _____ Thursday _____
Friday _____ Saturday _____
Sunday _____ Total: _____



Week #3

Increased Activity May 5 – May 11

Monday _____ Tuesday _____
Wednesday _____ Thursday _____
Friday _____ Saturday _____
Sunday _____ Total: _____



Week #5

Increased Activity May 19 – May 25

Monday _____ Tuesday _____
Wednesday _____ Thursday _____
Friday _____ Saturday _____
Sunday _____ Total: _____



Week #2

Increased Activity April 28 – May 4

Monday _____ Tuesday _____
Wednesday _____ Thursday _____
Friday _____ Saturday _____
Sunday _____ Total: _____



Week #4

Increased Activity May 12 – May 18

Monday _____ Tuesday _____
Wednesday _____ Thursday _____
Friday _____ Saturday _____
Sunday _____ Total: _____



Week #6

Increased Activity May 26 – June 1

Monday _____ Tuesday _____
Wednesday _____ Thursday _____
Friday _____ Saturday _____
Sunday _____ Total: _____