

# My Personal Schedule

Month: \_\_\_\_\_

## Week 1

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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Appt./Task: \_\_\_\_\_

Able to keep appt./task?  Yes  No

Notes: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Appt./Task: \_\_\_\_\_

Able to keep appt./task?  Yes  No

Notes: \_\_\_\_\_

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## Week 2

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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Appt./Task: \_\_\_\_\_

Able to keep appt./task?  Yes  No

Notes: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Appt./Task: \_\_\_\_\_

Able to keep appt./task?  Yes  No

Notes: \_\_\_\_\_

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## Week 3

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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Appt./Task: \_\_\_\_\_

Able to keep appt./task?  Yes  No

Notes: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Appt./Task: \_\_\_\_\_

Able to keep appt./task?  Yes  No

Notes: \_\_\_\_\_

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## Week 4

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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Appt./Task: \_\_\_\_\_

Able to keep appt./task?  Yes  No

Notes: \_\_\_\_\_

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Date: \_\_\_\_\_ Time: \_\_\_\_\_ Appt./Task: \_\_\_\_\_

Able to keep appt./task?  Yes  No

Notes: \_\_\_\_\_

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