

## Tool 4.4: Plan your week

Sometimes having a plan for your week can help you avoid triggering situations. Try adding healthy distractions and activities throughout your week.

| Time    | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------|--------|---------|-----------|----------|--------|----------|--------|
| Morning |        |         |           |          |        |          |        |
| Midday  |        |         |           |          |        |          |        |
| Evening |        |         |           |          |        |          |        |