G.R.A.P.E.S

| | G entle with self | Relaxation | Accomplishment | P leasure | Exercise | Social |
|-----------|--------------------------|------------|----------------|------------------|----------|--------|
| Monday | | | | | | |
| Tuesday | | | | | | |
| Wednesday | | | | | | |
| Thursday | | | | | | |
| Friday | | | | | | |
| Saturday | | | | | | |
| Sunday | | | | | | |

