nicole DAUZ

Activity Chart

Make the Mundane Fun

Flip the switch on how you approach everyday tasks. If you're cooking dinner, put on headphones and listen to music, dance in the kitchen or listen to a podcast while preparing your meal.

Fill out this daily activity chart that allows for creativity and flexibility in your schedule.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Need accountability and support in your self-care journey?

Join the Self-care for Caregivers: Support Group for Autism & Disability Parents