



Use this resource to plan your day during the coronavirus crisis, building in time for **prayer and devotions; work or chores; recreation and communication; food, rest and exercise.**

Shaping your Day

MORNING

8am _____

9am _____

10am _____

11am _____

AFTERNOON

12pm _____

1pm _____

2pm _____

3pm _____

4pm _____

EVENING

5pm _____

6pm _____

7pm _____

8pm _____

9pm _____

10pm _____