

# Activity Prescription

Community Wellbeing Hub

Occupational Therapy

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**Service User Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Prescribed by:** \_\_\_\_\_

**Contact:** \_\_\_\_\_

## Why have I been given an activity prescription?

This activity plan is designed to support your mental health and wellbeing through meaningful, structured engagement in daily activities. It aims to promote routine, motivation, and recovery.

## Weekly Activity Plan

Day	Morning	Afternoon	Evening
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

**Recommended activities**

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**Goals for the week**

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