

WEEKLY ROUTINE PLANNER (with activity categories)

TIME	MONDAY	*	TUESDAY	*	WEDNESDAY	*	THURSDAY	*	FRIDAY	*	SATURDAY	*	SUNDAY	*
8.00-8.15am	Get up/ Get breakfast	M	Get up/ Get breakfast	M	Get up/ Get breakfast	M	Get up/ Get breakfast	M	Get up/ Get breakfast	M	Get up/ Get breakfast	M	Get up/ Get breakfast	M
8.15-9.30 am	Watch TV	L	Watch TV	L	Watch TV	L	Watch TV	L	Watch TV	L	Watch TV	L	Watch TV	L
9.30-10am	Shower	H	Bath	H	Shower	H	Bath	H	Shower	H	Bath	H	Bath	H
10-11am	Rest		Rest		Rest		Rest		Rest		Rest		Rest	
11-12.30pm	Anything whilst sitting on sofa	L	Go shopping	H	Anything whilst sitting on sofa	L	Anything whilst sitting on sofa	L	Anything whilst sitting on sofa	L	Light Housework	H	Anything whilst sitting on sofa	L
12.30-1pm	Rest		Rest		Rest		Rest		Rest		Rest		Rest	
1.00 -1.15pm	Prepare Lunch	M	Prepare Lunch	M	Prepare Lunch	M	Prepare Lunch	M	Prepare Lunch	M	Prepare Lunch	M	Prepare Lunch	M
1.15-2.30pm	Eat Lunch/TV	L	Eat Lunch/TV	L	Eat Lunch/TV	L	Eat Lunch/TV	L	Eat Lunch/TV	L	Eat Lunch/TV	L	Eat Lunch/TV	L
2.30-3pm	Rest		Rest		Rest		Rest		Rest		Rest		Rest	
3-3.05pm	Stretching Exercises	H	Read Book	L	Stretching Exercises	H	Stretching Exercises	H	Stretching Exercises	H	Read Book	L	Stretching Exercises	H
3.05-4.30pm	Read book	L		Read book	L	Read book	L	Read book	L	Read book		L	Read book	L
4.30-5pm	Rest		Rest		Rest		Rest		Rest		Rest		Rest	
5-6.15pm	Anything whilst sitting on sofa	L	Anything whilst sitting on sofa	L	Anything whilst sitting on sofa	L	Anything whilst sitting on sofa	L	Anything whilst sitting on sofa	L	Anything whilst sitting on sofa	L	Anything whilst sitting on sofa	L
6.15- 6.30pm	Prepare tea	M	Prepare tea	M	Prepare tea	M	Prepare tea	M	Prepare tea	M	Ring for Pizza	L	Prepare tea	M
6.30-7pm	Rest		Rest		Rest		Rest		Rest		Rest		Rest	
7-8.40pm	Eat tea/TV	L	Eat tea/TV	L	Eat tea/TV	L	Eat tea/TV	L	Eat tea/TV	L	Pizza Night!	L	Eat tea/TV	L
8.40-9pm	Rest		Rest		Rest		Rest		Rest		Rest		Rest	
9-10.30pm	TV/Bed	L	TV/Bed	L	TV/Bed	L	TV/Bed	L	TV/Bed	L	TV/Bed	L	TV/Bed	L

* H = High Activity (energy use) M = Medium Activity L = Low Activity. This example shows activity and rest has been spread evenly throughout each day and over the week. Grey shaded areas highlight high energy level activities spread throughout the week.