

EXAMPLE

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ACTIVITY

RESTING

DAILY TASKS

DAILY ROUTINE PLANNER

7.00 am		12.15 pm		5.30 pm	
7.15 am		12.30 pm		5.45 pm	
7.30 am		12.45 pm		6.00 pm	
7.45 am		1.00 pm	LUNCH	6.15 pm	
8.00 am	GET UP	1.15 am		6.30 pm	
8.15 am		1.30 pm		6.45 pm	
8.30 am	BREAKFAST	1.45 pm		7.00 pm	TEA
8.45 am		2.00 pm		7.15 pm	
9.00 am		2.15 pm		7.30 pm	
9.15 am	SHOWER	2.30 pm		7.45 pm	
9.30 am		2.45 pm		8.00 pm	
9.45 am		3.00 pm		8.15 pm	
10.00 am		3.15 pm		8.30 pm	
10.15 am		3.30 pm		8.45 pm	
10.30 am		3.45 pm		9.00 pm	
10.45 am		4.00 pm	CHOCOLATE!	9.15 pm	
11.00 am		4.15 pm		9.30 pm	
11.15 am		4.30 pm		9.45 pm	
11.30 am		4.45 pm		10.00 pm	BED
11.45 am		5.00 pm		10.15 pm	
12.00 pm		5.15 pm		10.30 pm	