**DAILY ROUTINE PLANNER** (with activity categories)

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Time** | **Activity** | **\*** | **Time** | **Activity** | **\*** | **Time** | **Activity** | **\*** |
| 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 |  |  | 6.15 pm |  |  |
| 8.00 am |  |  | 1.15 am |  |  | 6.30 pm |  |  |
| 8.15 am |  |  | 1.30 pm |  |  | 6.45 pm |  |  |
| 8.30 am |  |  | 1.45 pm |  |  | 7.00 pm |  |  |
| 8.45 am |  |  | 2.00 pm |  |  | 7.15 pm |  |  |
| 9.00 am |  |  | 2.15 pm |  |  | 7.30 pm |  |  |
| 9.15 am |  |  | 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 |  |  | 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 |  |  |
| 11.45 am |  |  | 5.00 pm |  |  | 10.15 pm |  |  |
| 12.00 pm |  |  | 5.15 pm |  |  | 10.30 pm |  |  |

**\*** H = High Activity (energy use) M = Medium Activity L = Low Activity

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