

# **GENERAL DAILY SCHEDULE**

**A M**

**P M**

6:00		6:00	
7:00		7:00	
8:00		8:00	
9:00		9:00	
10:00		10:00	
11:00		11:00	
NOON		MIDNIGHT	
1:00		1:00	
2:00		2:00	
3:00		3:00	
4:00		4:00	
5:00		5:00	
6:00		6:00	

**S=SLEEP/SEATED**

**E= EXERCISE**

**N= N.E.A.T**

## **TIME BLOCK IDEAS**

Hobbies: reading, puzzles, games	Household: laundry, dishes, cleaning, etc...	Self Care: shower/bath, hair/makeup
exercise	work / meetings	Sleep
Out of house / busy ; grandkids, drs, meeting, etc.	downtime: tv, relaxing. etc..	Eating Meals: BLD

Example

# GENERAL DAILY SCHEDULE

AM

PM

6:00	WAKEUP / COFFEE	6:00	N.E.A.T - DISHES
7:00	N.E.A.T - STRETCHING / SELF-CARE	7:00	EXERCISE
8:00	BREAKFAST	8:00	REST / RELAX
9:00	EXERCISE	9:00	REST / RELAX
10:00		10:00	SLEEP
11:00		11:00	SLEEP
NOON	LUNCH	MIDNIGHT	SLEEP
1:00		1:00	SLEEP
2:00		2:00	SLEEP
3:00		3:00	SLEEP
4:00		4:00	SLEEP
5:00	DINNER	5:00	SLEEP
6:00	N.E.A.T - DISHES	6:00	WAKEUP / COFFEE

S=SLEEP/SEATED

E= EXERCISE

N= N.E.A.T

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