

## My Daily Schedule

**TODAY IS** \_\_\_\_\_

- Lights ON and awake by 8 AM
- Get out of bed to chair for breakfast
- Daily Hygiene Tasks (**brush teeth, take a shower/wash up, comb hair, get dressed, make the bed, etc.**)
- Laps around unit (**goal: #\_\_\_\_\_ laps**)
- Participate in an activity (**art, reading, schoolwork, play a game etc.**)
- Get out of bed to chair for lunch
- Laps around unit (**goal: #\_\_\_\_\_ laps**)
- Participate in an activity (**art, reading, play a game--check with child life for available options**)
- Get out of bed to chair for dinner
- Laps around unit (**goal: #\_\_\_\_\_ laps**)
- Lights OFF, TV OFF, electronics & activities put away, and in bed, by \_\_\_\_ PM

