

Daily Calendar example:

Monday

9-9.30am	Breakfast
10-10.30am	school work
10.30-11.30am	Shower and get dressed
11.30-12.30pm	Watch TV
12.30-1.30pm	Make and eat lunch
1.30-2.30pm	Go for a local walk (remember to keep distance and wash hands)
2.3-3.30pm	House chores
3.30-4.30pm	Reading
4.30-5.30pm	Internet browsing and online brain training games
5.30-6pm	Socialising - making a phone call
6-7pm	Make and eat dinner
7- 9pm	Watch movie
9-9.30pm	Meditation from Youtube
9.30-10pm	Reading
10pm	Bed

