EXAMPLE ROUTINE/WEEK PLAN – Evelyn

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|   | **Sunday**  | **Monday** | **Tuesday**  | **Wednesday**  | **Thursday** | **Friday**  | **Saturday** |
| **M****O****R****N****I****N** **G** | Get up 11am     | Get up 10am  Walk (10min)  | Get up 10am    Hobby (Baking) Stretches | Get up 10am  Walk (10min)     | Get up 10am   Clean the BathroomStretches  | Get up 10am Walk (10min) | Sleep in ☺   Washing |
| **A****F****T****E****R****N**OON | Lawns (10min)Stretches |  **Relaxation (10min)****Gardening (5min**  | Vacuum (2 rooms)  |  **Relaxation (10min)**  **Gardening (5min)** | Vacuum (2 rooms)  | **Relaxation (10min)** | Skype a friend  **Gardening****(5 min)**  |
| **E****V****E****N****I****N****G** | Family activity Reading 20minSleep 11pm |    Reading 20minSleep 11pm |    Reading 20minSleep 11pm |    Reading 20minSleep 11pm | Social - meet friendReading 20minSleep 11pm |   Reading 20minSleep 11pm  | Reading 20minSleep 11pm |

Note: Planning for Consistency; Fun included; Spread over the day/week; helps pacing