EXAMPLE ROUTINE/WEEK PLAN – Evelyn

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **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 Bathroom  Stretches | Get up 10am    Walk (10min) | Sleep in ☺      Washing |
| **A**  **F**  **T**  **E**  **R**  **N**  O O N | 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 20min  Sleep 11pm | Reading 20min  Sleep 11pm | Reading 20min  Sleep 11pm | Reading 20min  Sleep 11pm | Social - meet friend  Reading 20min  Sleep 11pm | Reading 20min  Sleep 11pm | Reading 20min  Sleep 11pm |

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