

What Do You Do? ...And When Do You Do It?

How do you wake up?:

- slow on own quietly - alone 'snooze' mode
 fast use alarm clock socially active - active up & out of bed

What time do you usually wake up? _____

What do you eat for breakfast?

- hot food snack food varies a lot sit down meal
 cold cereal full meal always the same 'on the run'
 no food lots of coffee hot tea soda or iced tea
 other important info about breakfast: _____

What time do you eat breakfast? _____

What are two activities you like to do when you have free time?

What are two activities you do at work that make you feel valued or important?

What are two activities you like to do when you need some energy, or need to 'get yourself together'?

What are two activities you care the most about related to caring for yourself?
(bathing, grooming, toileting, eating, dressing, oral care...)

How do you get yourself clean?

- shower take a bath take a sponge bath other: _____

When do you like to get clean?

How often in a week? _____ What time of day? _____

How do you go to sleep?

- asleep quickly follow a routine wear PJs
 slow to sleep routine varies some wear gown
 in bed no routine wear underwear
 in chair or on couch wear nothing

When do you go to sleep?: _____

Do you ever wake up in the night? _____ What do you do, if you wake up? _____

Making a Meaningful Schedule

Your Schedule:

Example -

Activity	Time
Wake-up: Time - Method -	5:30 am fast & quiet
Breakfast: Time - Foods -	COFFEE 6am - noon -- no food
Activities for Fun: _____ _____	Read Sew
Activities for 'Work': _____ _____	Cook dinner Supervise & give feedback to you
Activities for Rest: _____ _____	Rock Walk
Self-care Activities: _____ _____	Toilet q30 m in am Feed self
Bath Time - Method -	5:30 am shower
Bed: Time - Method -	11 pm read in bed

Your Schedule -

Activity	Time
Wake-up: Time - Method -	
Breakfast: Time - Foods -	
Activities for Fun: _____ _____	
Activities for 'Work': _____ _____	
Activities for Rest: _____ _____	
Self-care Activities: _____ _____	
Bath Time - Method -	
Bed: Time - Method -	

