

Example of a Daily Schedule:

Hour	Activity	Meal Plan	Person
6:00am	Get up, let dog out, make sure loved one takes meds		Me
7:00am	Make breakfast Get dressed Clean up	Eggs, toast, coffee	Me Me & loved one Me
8:00am	Go for walk with loved one		Me
9:00am	Watch TV Do laundry		Loved one Me
10:00am	Play "Life" (board game)		Me & loved one
11:00am	Play Gin Rummy Prepare lunch		Loved one Me
12:00pm	Eat together Make sure loved one takes meds Do dishes	Sandwiches, salad	Me & loved one Me Me
1:00pm	Take nap Call friend		Loved one Me
2:00pm	Rake leaves / play with dog Garden		Loved one Me
3:00pm	Rake leaves / play with dog Garden		Loved one Me
4:00pm	Take Nap Rake leaves		Loved one Me
5:00pm	Prepare dinner Eat Make sure loved one takes meds	Fish, spinach, multi-grain bread	Me Me & loved one Me
6:00pm	Wash dishes		Me
7:00pm	Shower loved one		Me & loved one
8:00pm	Watch TV		Me & loved one
9:00pm	Watch TV		Me & loved one
10:00pm	Go to bed Make sure loved one takes meds		Me & loved one Me

Other To-Dos:

- Send thank you cards
- Call daughter
- Ask neighbor to get milk and bread next grocery visit

DAY:

Hourly Schedule	Activity	Meal Plan	Person Responsible
6:00am			
7:00am			
8:00am			
9:00am			
10:00am			
11:00am			
12:00pm			
1:00pm			
2:00pm			
3:00pm			
4:00pm			

5:00pm

6:00pm

7:00pm

8:00pm

9:00pm

10:00pm

Other To-Dos:

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Notes about the Day:

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