

# Monday



Morning Routine



Time awake \_\_\_\_\_



Breakfast \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

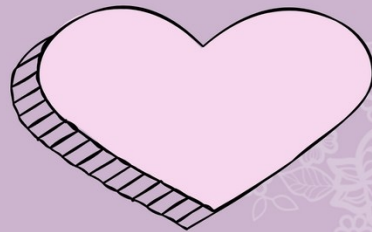


To Do List



Something nice I did for myself today

Physical and/or Regulation Activity



Bedtime Routine



Time to bed \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

Notes for tomorrow

# Tuesday



Morning Routine



Time awake \_\_\_\_\_



Breakfast \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

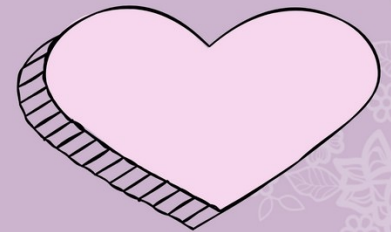


To Do List



Something nice I did for myself today

Physical and/or Regulation Activity



Bedtime Routine



Time to bed \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

Notes for tomorrow

# Wednesday



Morning Routine



Time awake \_\_\_\_\_



Breakfast \_\_\_\_\_



Hygiene \_\_\_\_\_



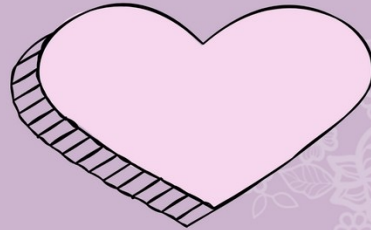
Meds \_\_\_\_\_



To Do List



Something nice I did for myself today



Physical and/or Regulation Activity



Notes for tomorrow



Bedtime Routine



Time to bed \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

# Thursday



Morning Routine



Time awake \_\_\_\_\_



Breakfast \_\_\_\_\_



Hygiene \_\_\_\_\_



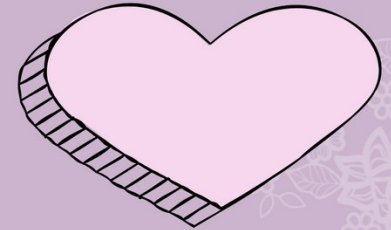
Meds \_\_\_\_\_



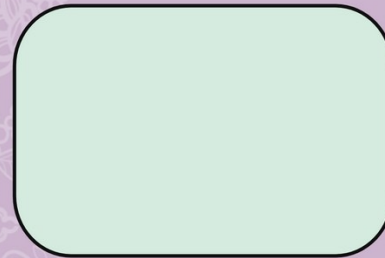
To Do List



Something nice I did for myself today



Physical and/or Regulation Activity



Notes for tomorrow



Bedtime Routine



Time to bed \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

# Friday



Morning Routine



Time awake \_\_\_\_\_



Breakfast \_\_\_\_\_



Hygiene \_\_\_\_\_



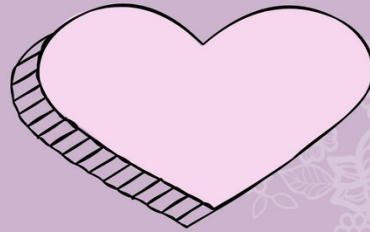
Meds \_\_\_\_\_



To Do List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Something nice I did for myself today



Physical and/or Regulation Activity



Notes for tomorrow



Bedtime Routine



Time to bed \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

# Saturday



Morning Routine



Time awake \_\_\_\_\_



Breakfast \_\_\_\_\_



Hygiene \_\_\_\_\_



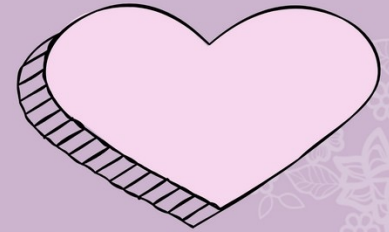
Meds \_\_\_\_\_



To Do List

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Something nice I did for myself today



Physical and/or Regulation Activity



Notes for tomorrow



Bedtime Routine



Time to bed \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

# Sunday



Morning Routine \_\_\_\_\_



Time awake \_\_\_\_\_



Breakfast \_\_\_\_\_



Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

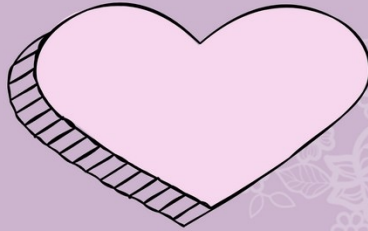
Physical and/or Regulation Activity

Notes for tomorrow

To Do List

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

Something nice I did for myself today



Bedtime Routine \_\_\_\_\_



Time to bed \_\_\_\_\_











Hygiene \_\_\_\_\_



Meds \_\_\_\_\_

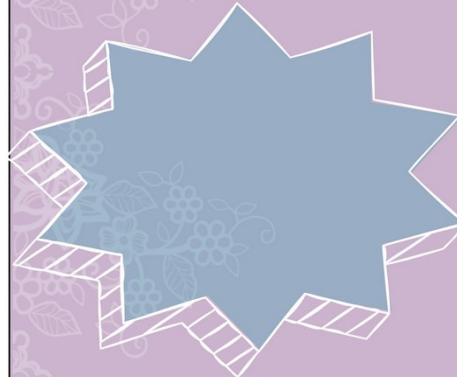
# Week in Review

Outstanding Items from the Week

-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_
-  \_\_\_\_\_

Things to Remember for Next Week

Nice things I can do for myself next week



Highlight of the Week!

