

Daily Schedule Example

Date: Tuesday, March 31, 2020

Time	Activity	Reminders	Complete? Move to tomorrow?
8:00	Wake up, morning routine	Shower, breakfast, medication	✓
9:00	Work	10 AM call	✓
12:00	Lunch		✓
12:45	Outdoor walk		Walk 20 mins tomorrow
1:00	Work	Reply to emails	✓
3:00	Break	Free choice	
3:30	Work		
5:00	Exercise	Treadmill or yoga	
6:00	Dinner	Chicken soup	
7:00	Social time	Call a friend	
8:00	Leisure	TV or puzzle	
9:00	Bedtime routine	Brush/floss, medication, read	
10:00	To bed	Set alarm	