

DAILY ROUTINE PLANNER (with activity categories)

Time	Activity	*	Time	Activity	*	Time	Activity	*
7.00 am	Bed		2.00 pm	Watch TV	L	9.00 pm	Watch TV	L
7.20 am	Bed		2.20 pm	Watch TV	L	9.20 pm	Watch TV	L
7.40 am	Bed		2.40 pm	REST		9.40 pm	Watch TV	L
8.00 am	Get up/ Get breakfast	M	3.00 pm	Read	L	10.00 pm	Bed	
8.20 am	Watch TV	L	3.20 pm	Read	L			
8.40 am	Watch TV	L	3.40 pm	Read	L			
9.00 am	Shower/Bath	H	4.00 pm	Computer	L			
9.20 am	REST		4.20 pm	Computer	L			
9.40 am	REST		4.40 pm	REST				
10.00 am	Get dressed/	H	5.00 pm	Pottering about/ Tidying up	M			
10.20 am	Sit up, on bed/ Listen to radio	L	5.20 pm	Listen to radio	L			
10.40 am	Sit up, on bed/ Listen to radio	L	5.40 pm	Listen to radio	L			
11.00 am	Sit up, on bed/ Listen to radio	L	6.00 pm	Listen to radio	L			
11.20 am	REST		6.20 pm	Make/Eat Tea	M / L			
11.40 am	Chat on phone	L	6.40 pm	REST				
12.00 pm	Chat on phone	L	7.00 pm	Washing up	M			
12.20 pm	Read	L	7.20 pm	Watch TV	L			
12.40 pm	REST		7.40 pm	Watch TV	L			
1.00 pm	Prepare Lunch	M	8.00 pm	Watch TV	L			
1.20 pm	Eat lunch/ Watch TV	L	8.20 pm	Watch TV	L			
1.40 pm	Watch TV	L	8.40 pm	REST				

* H = High Activity (energy use) M = Medium Activity L = Low Activity

This example shows a carefully planned timetable with rests and different levels of activity spread throughout the day. Grey shaded areas highlight REST times spread throughout the day.