

Name:	National Insurance No:	Page:
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<b>ACTIVITY</b>	<b>Morning 7am–12pm</b>	<b>Afternoon 12pm–6pm</b>	<b>Evening 6pm–11pm</b>	<b>Night 11pm–7am</b>
Cooking				
Eating				
Managing therapy				
Medication				
Washing/bathing				
Going to the toilet				
Dressing/Undressing				
Communicating				
Reading				

Meeting people				
Budgeting				
Planning journeys				
Walking				