

Time / Day	Monday	Tuesday	Wednesday	Thursday	Friday
7-7.30	Up, toilet & dressed				
7.30-8					
8-8.30	Breakfast				
8.30-9					
9-9.30					
9.30-10					
10-10.30					
10.30-11	Snack (& toilet)				
11-11.30					
11.30-12					
12-12.30	Lunch time (& toilet)				
12.30-1					
1-1.30					
1.30-2					
2-2.30					
2.30-3					
3-3.30	Snack (& toilet)				