

| Time / Day | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|-----------------------|---------|-----------|----------|--------|
| 7-7.30 | Up, toilet & dressed | | | | |
| 7.30-8 | Breakfast | | | | |
| 8-8.30 | | | | | |
| 8.30-9 | | | | | |
| 9-9.30 | | | | | |
| 9.30-10 | | | | | |
| 10-10.30 | Snack (& toilet) | | | | |
| 10.30-11 | | | | | |
| 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 | Snack (& toilet) | | | | |