

**Current Daily Routine & Schedule:** *Describe your average day. Include activities from the time you wake up until you go to sleep. (Eating, sleeping, exercise, work, activities).*

	<i>Time</i>	<i>General activities involved</i>	<i>Variations</i>
<b>Morning</b>			
Awaken			
Breakfast			
Other Activities			
<b>Mid-day</b>			
Lunch			
Other Activities			
<b>Evening</b>			
Supper			
Activities			
<b>Night</b>			
Activities			
Bedtime			

**Any other notes related to daily habits/routines:**