

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>
Morning			
Awaken			
Breakfast			
Other Activities			
Mid-day			
Lunch			
Other Activities			
Evening			
Supper			
Activities			
Night			
Activities			
Bedtime			

Any other notes related to daily habits/routines: