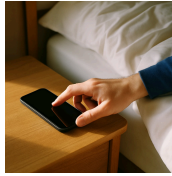


Daily Routine Chart for Adults

1

07:00

☐

Get Up

2

07:10

☐

Bathroom
Routine

3

07:30

☐

Get Dressed

4

07:45

☐

Breakfast

5

08:00

☐

Morning
Medicine

6

09:00

☐

Work or Study

7

12:30

☐

Lunch

8

18:00

☐

Dinner

9

21:30

☐

Get Ready for
Bed

10

22:00

☐

Set the Alarm