**Daily Routine Secondary Example**

This is an example of how you could organise each day. Days could look the same or change depending on what else is happening

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|  | **Wake up till break**Things you could do  | **Break till Lunch**Things you could do | **Lunch** |  **Lunch till mid afternoon**Things you could do | **Mid afternoon till dinner**Things you could do | **Dinner** | **Evening** Things you could do | **Hour before bed**Things you could do |
| **Monday** | Exercise BreakfastChores  | Learning for 2 hours  |  | Learning for 2 hours | Help make dinnerHelp with gardenTake dog out  |  | Talk to friendsHobby, listen to music, read a book, watch TV | Mindfulness/relaxation |
| **Tuesday** | Exercise BreakfastChores | Learning for 2 hours  |  | Talk to friendsHobby, listen to music, read a book, watch TV | Help make dinnerHelp with gardenTake dog out  |  | Learning for 2 hours  | Mindfulness/relaxation |
| **Wednesday** | BreakfastLearning for 2 hours  | ExerciseChores  |  | Talk to friendsHobby, listen to music, read a book, watch TV |  Help make dinnerHelp with gardenTake dog out  |  | Learning for 2 hours  | Mindfulness/relaxation |
| **Thursday** | BreakfastLearning for 2 hours  | Learning for2 hours  |  | Exercise Chores | Help make dinnerHelp with gardenTake dog out  |  | Talk to friendsHobby, listen to music, read a book, watch TV | Mindfulness/relaxation |
| **Friday** | Exercise BreakfastChores | Talk to friendsHobby, listen to music, read a book, watch TV |  | Learning for 2 hours  | Help make dinnerHelp with gardenTake dog out  |  | Learning for 2 hours  | Mindfulness/relaxation |