

LiFE Daily Routine Chart (DRC)

List the activities that you do regularly on a daily and weekly basis

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Get up	Get up	Get up	Get up	Get up	Get up	Get up
Morning							
	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Afternoon							
	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Evening							
	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed	Go to bed