Example Scheduling Routine

1. Set your schedule for the next day every evening after dinner.
2. Look at your calendar and fill in pre-scheduled events (appointments, social engagements, children's activities, etc.). Be sure to fill in meal times.
3. Next choose a time for each of the exercises listed under Exercises.
4. Then select and schedule items from your Home Tasks list.
5. Fill remaining times with items from your Fun List.

Planning & Organizing

Date: January 13, 2013	**Day: Thursday**
8-9am	1-2pm
9-10am	2-3pm
10-11am	3-4pm
11-12pm	4-5pm
12-1pm	5-6pm