

DAILY LIFE

Weekly Routine Planner

Plan the week visually. Anchor with predictable points, leave white space.

How to use this planner

Fill in the predictable anchors first — meals, school, sleep. Then add regulating activities around them. Leave white space; over-scheduled days regulate badly.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Midday							
Afternoon							
Evening							

This week's one priority

Things to protect (do not give up if the week gets busy)
