












# SUPPORTED LIVING DAILY LIVING ROUTINE WEEK BEGINNING

GOOD MORNING	SIGN WHEN DONE																																												
<p>1. <b>8AM</b> WAKE UP CALL</p> <p>2. Go to the toilet, shower</p> <p>3. Wash hair (at least twice weekly)</p>	 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td style="height: 20px;"></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table> <p><b>Weekly comment</b></p> <hr/> <hr/>	M	T	W	T	F	S	S								 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td style="height: 20px;"></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table> <p><b>Weekly comment</b></p> <hr/> <hr/>	M	T	W	T	F	S	S								 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td style="height: 20px;"></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table> <p><b>Weekly comment</b></p> <hr/> <hr/>	M	T	W	T	F	S	S							
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<p>4. Clean teeth</p> <p>5. Get dressed</p> <p>6. Make bed</p>	 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td style="height: 20px;"></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table> <p><b>Weekly comment</b></p> <hr/> <hr/>	M	T	W	T	F	S	S								 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td style="height: 20px;"></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table> <p><b>Weekly comment</b></p> <hr/> <hr/>	M	T	W	T	F	S	S								 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td style="height: 20px;"></td><td></td><td></td><td></td><td></td><td></td><td></td> </tr> </table> <p><b>Weekly comment</b></p> <hr/> <hr/>	M	T	W	T	F	S	S							
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<p>12. 7pm Evening Meal</p> <p>13. Wash dishes and utensils with soapy water</p>  <p><b>11.30</b>pm Bedtime</p>	 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center; width: 100%;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td> </tr> </table> <p><b>Weekly comment</b></p> <p>_____</p> <p>_____</p>	M	T	W	T	F	S	S								 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center; width: 100%;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td> </tr> </table> <p><b>Weekly comment</b></p> <p>_____</p> <p>_____</p>	M	T	W	T	F	S	S								 <p><b>Initial when done</b></p> <table border="1" style="margin: auto; text-align: center; width: 100%;"> <tr> <td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td><td>S</td> </tr> <tr> <td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td> </tr> </table> <p><b>Weekly comment</b></p> <p>_____</p> <p>_____</p>	M	T	W	T	F	S	S							
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<p><b>Go Shopping</b></p> <hr/> <p><b>Day</b></p> <hr/> <p><b>Plan Menu</b></p> <hr/> <p><b>Day</b></p> <hr/>			<p><b>STAFF WEEKLY COMMENTS</b></p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>Signed _____ Date _____</p>																																										

See you in the morning XXXXXX