

CHARTING the LifeCourse



Integrated Long Term Support Needs

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
6-6:30 AM	Sleeping						
6:30-7 AM							
7-7:30 AM							
7:30-8 AM							
8-8:30 AM							
8:30-9 AM	Get Dressed						
9-9:30 AM	Breakfast				Breakfast with Family		
9:30-10 AM	Home & School & Google Hangouts	Home & School & Google Hangouts	Home & School & Google Hangouts	Home & School & Google Hangouts	Home & School & Google Hangouts	Family and Chores	Chores and Cleaning
10-10:30 AM							
10:30-11 AM							
11-11:30 AM							
11:30-12 PM							
12-12:30 PM	Lunch						
1-1:30 PM	Home & School & Google Hangouts	Home & School & Google Hangouts	Home & School & Google Hangouts	Home & School & Google Hangouts	Home & School & Google Hangouts	Laundry	
1:30-2 PM							
2-2:30 PM							
2:30-3 PM							
3-3:30 PM							
3:30-4 PM	Breaktime outdoor play, games with brother	iPad Music Read	Break Time	Break Time	Telehealth speech	Planned Family Time (walks, dog, ride scooter)	
4-4:30 PM							
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM	walk dog with family, ride scooter					Planned Family Time (walks, dog, ride scooter)	
6:30-7 PM							
7-7:30 PM	Dinner with family						
7:30-8 PM	Dinner with family						
8-8:30 PM	Shower						
8:30-9 PM	Watch TV with Mom and Dad, sometimes Watch the News				Family Movies, Bonfire		
9-9:30 PM	Watch TV with Mom and Dad, sometimes Watch the News				Family Movies, Bonfire		
9:30-10 PM	Watch TV with Mom and Dad, sometimes Watch the News				Family Movies, Bonfire		
10 PM-6 AM	Sleeping						