

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 | Get ready for Day | | | | | Get Ready for Day | | | |
| 7-7:30 AM | Breakfast | | | | | Get Ready for Day | | | |
| 7:30-8 AM | Public High School | | | | | Get Ready for Day | | | |
| 8-8:30 AM | | | | | | Breakfast | | | |
| 8:30-9 AM | | | | | | Swim Lessons | Family | | |
| 9-9:30 AM | | | | | | Chores/Cleaning With family | | | |
| 9:30-10 AM | | | | | | | | | |
| 10-10:30 AM | | | | | | | | | |
| 10:30-11 AM | | | | | | | | | |
| 11-11:30 AM | | | | | | | | | |
| 11:30-12 PM | | | | | | | | | |
| 12-12:30 PM | | | | | | | | | |
| 12:30-1 PM | Lunch | | | | | Social Activities With family or Friends or Prov. | | | |
| 1-1:30 PM | Autism Therapeutic Treatment Program | | | | | | | | |
| 1:30-2 PM | | | | | | | | | |
| 2-2:30 PM | | | | | | | | | |
| 2:30-3 PM | | | | | | | | | |
| 3-3:30 PM | | | | | | | | | |
| 3:30-4 PM | Track Practice | | | | In Person Speech | | | | |
| 4-4:30 PM | Track Practice | | | | In Person Speech | | | | |
| 4:30-5 PM | Provider Time | Break iPad | Provider Time | Break iPad | Provider Time | | | Social Activities With family or Friends or Prov. | |
| 5-5:30 PM | Provider Time | Break iPad | Provider Time | Break iPad | Provider Time | | | | |
| 5:30-6 PM | Provider Time | Break iPad | Provider Time | Break iPad | Provider Time | | | | |
| 6-6:30 PM | Dinner with Family | | | | | | | | |
| 6:30-7 PM | Dinner with Family | | | | | | | | |
| 7-7:30 PM | Shower | | | | | | | | |
| 7:30-8 PM | Homework | | | | | | | | |
| 8-8:30 PM | Break or homework time if needed to finish TV time with family or by himself | | | | | | | | |
| 8:30-9 PM | | | | | | | | | |
| 9-9:30 PM | | | | | | | | | |
| 9:30-10 PM | Sleep | | | | | | | | |
| 10 PM-6 AM | Sleep | | | | | | | | |