

# CHARTING the LifeCourse



## Integrated Long Term Support Needs

TIME	MON	TUE S	WED	THURS	FRI	SAT	SUN
6-6:30 AM	Sleeping,					Sleep	
6:30-7 AM	Breakfast						
7-7:30 AM	Bus Stop						
7:30-8 AM	School					Morning routine, Breakfast	
8-8:30 AM							
8:30-9 AM							
9-9:30 AM							
9:30-10 AM							
10-10:30 AM						Chores	Bath and get ready
10:30-11 AM						Chores	Bath and get ready
11-11:30 AM	Lunch					Lunch	
12-12:30 PM	School					Choice of family activities in the neighborhood and community	
12:30-1 PM							
1-1:30 PM							Sunday School
1:30-2 PM							
2-2:30 PM							Panda Express
2:30-3 PM							
3-3:30 PM							
3:30-4 PM	Snack					Choice activities with family and in community	
4-4:30 PM	Personal Time Break iPad						
4:30-5 PM							
5-5:30 PM							
5:30-6 PM							
6-6:30 PM	Dinner with Family						
6:30-7 PM	Dinner with Family					iPad	
7-7:30 PM							
7:30-8 PM	Homework Test Prep					Reading	
8-8:30 PM							
8:30-9 PM	Nighttime routine: Bath, PJ's, Teeth					Bedtime Routine ready for school	
9-9:30 PM	iPad						
9:30-10 PM	Sleep					Sleep	
10-10:30 PM							