

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Morn. Tea	Morn. Tea	Morn. Tea	Morn. Tea	Morn. Tea	Morn. Tea	Morn. Tea
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Aftern. tea	Aftern. tea	Aftern. tea	Aftern. tea	Aftern. tea	Aftern. tea	Aftern. tea
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
Before Bed	Before Bed	Before Bed	Before Bed	Before Bed	Before Bed	Before Bed
Exercise / Steps	Exercise / Steps	Exercise / Steps	Exercise / Steps	Exercise / Steps	Exercise / Steps	Exercise / Steps