ORGANIZE YOUR WEEK
YOUR LOGO
Monday
Tuesday
Wednesday
Thursday
Friday
In the morning
At school
In the afternoon
At night
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PLANNER
MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
YOUR LOGO

My Daily Production Plan
YOUR LOGO
Date
DD/MM/YYYY
Today's Feeling
My Rating for Today
/10
Today's Morning Routine
Today's Evening Routine
Today's To-Do List
06:00
07:00
08:00
09:00
10:00
11:00
12:00
01:00
02:00
03:00
Today's Affirmation
Today's Gratitude
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PLANNER
Monday
Tuesday
Wednesday
Thursday
Friday
YOUR LOGO
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YOUR LOGO
WHEN LEAVING HOME...
MON
TUES
WED
THURS
FRI
1) I prepare breakfast
2) I wash myself (teeth, hair, body...)
3) I dress myself (clothes)
4) I make my bed
5) I take my coat and backpack
6) I kiss my parents before saying goodbye
Good, I leave the house happy
TOTAL

PLANNER
YOUR LOGO
Monday
Tuesday
Wednesday
Thursday
Friday
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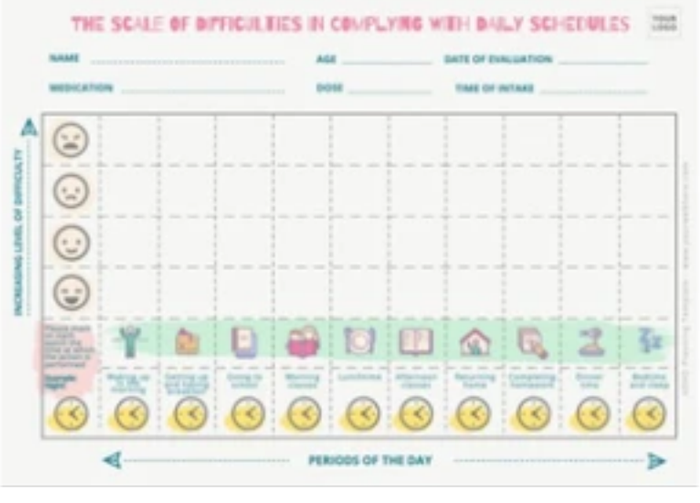
THE SCALE OF DIFFICULTIES IN COMPLYING WITH DAILY SCHEDULES
YOUR LOGO
NAME
AGE
DATE OF EVALUATION
MEDICATION
DOSE
TIME OF INTAKE
INCREASING LEVEL OF DIFFICULTY
PERIODS OF THE DAY

YOUR LOGO
My Daily Routine
WRITE THE TIME AND CHECK OFF THE ROUTINE
COMPLETED EACH DAY
Routine
M
T
W
T
F
S
S
Make my bed
Brush my teeth
Wash up
Get dressed
Have breakfast
Prepare my school backpack
Do my homework
Help set the table
Clear the table
Read for 30 minutes

MY DAILY PRODUCTION PLAN
YOUR LOGO
Date
DD/MM/YYYY
Today's Affirmation
Today's Gratitude
Today's Morning Routine
Today's Evening Routine
Today's To-Do List
06:00
07:00
08:00
09:00
10:00
11:00
12:00
01:00
02:00
03:00
Today's Feeling
MY RATING FOR TODAY
/10
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