

# Daily Routine Worksheet for Adults

Date: December 16, 2024	Name: Wendy Queens	
Age: 29	Gender: Female	
Sleep schedule		
Bed time:	Wake up:	
Meal time schedule		
	Time block	Notes
Breakfast	8 AM	Oatmeal with berries and almonds
Lunch	12 NN	Grilled chicken salad with vegetables
Snacks	4 PM	Greek yogurt with fruit, hummus and carrots
Dinner	7:30 PM	Baked salmon with roasted vegetables and quinoa
Morning routine		
Time block	Activity	
6:30 AM to 7:30 AM	Wake up, drink water, light stretching, meditation or mindfulness practice	
7:30 to 8:30 AM	Prepre and enjoy a nutritious breakfast then get ready for the day	
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Work or study schedule		
Time block	Activity	
9:00 AM to 12 NN	Focused work/study session	
12 NN to 1 PM	Lunch break	