

TOOL 03

My Daily Routine Planner

PARTICIPANT TOOL • GENERAL EDUCATION

A practical tool for organising everyday routines, identifying useful reminders and prompts, and building more consistent participation in daily life.

Time / part of day	What I want or need to do	Reminder / cue	Help needed?	Completed / notes
Morning				
Midday				
Afternoon				
Evening				
Before bed				

Important routine anchors

Wake / sleep routine:

Meals / hydration:

Movement / activity:

Appointments / responsibilities:

Connection / meaningful activity:

What makes it easier for me to start?
