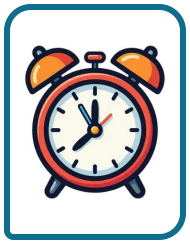
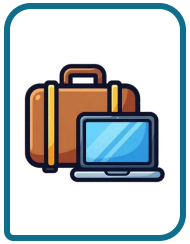
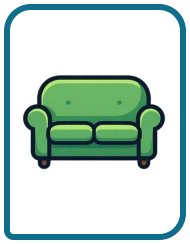
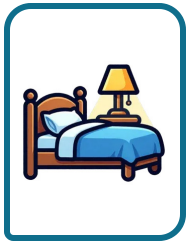
My day

Write in the times. Tick each box when it's done, and cross out anything that isn't happening today.

TIME		DONE
_____		wake up ☐
_____		shower ☐
_____		get dressed ☐
_____		breakfast ☐
_____		go to work ☐

TIME		DONE
_____		lunch ☐
_____		relax ☐
_____		dinner ☐
_____		brush teeth ☐
_____		bed ☐

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Picture cards for my day

Cut on the dashed lines. Glue or stick a card over a step on the day planner, or use them on the Today page.

 coffee	 medicine	 shave	 brush hair	 glasses
 laundry	 cook	 shopping	 appointment	 bus
 car	 phone call	 email	 TV	 read
 music	 garden	 friends	Draw a picture or glue a photo here	Draw a picture or glue a photo here

Pictures and layout © 2026 LMNOP LABS LLC

Today

Put a card in each box for what happens today, in order, and write the time. Tick it when it's done.

Today is _____ **Date:** _____



Morning

Put a card here

time: _____ ☐

time: _____ ☐

time: _____ ☐



Afternoon

time: _____ ☐

time: _____ ☐

time: _____ ☐



Evening

time: _____ ☐

time: _____ ☐

time: _____ ☐

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