# **Daniel’s Timeline**

|  |  |
| --- | --- |
| **Time** | Fill in the hours that make up your typical day, including time you spend sleeping. |
| **6 a.m.** | **Sleep** |
| **7 a.m.** | **Sleep** |
| **8 a.m.** | **Personal Care** |
| **9 a.m.** | **Work & Transportation** |
| **10 a.m.** | **Work & Transportation** |
| **11 a.m.** | **Work & Transportation** |
| **12 p.m. (noon)** | **Personal Care** |
| **1 p.m.** | **Work & Transportation** |
| **2 p.m.** | **Work & Transportation** |
| **3 p.m.** | **Work & Transportation** |
| **4 p.m.** | **Work & Transportation** |
| **5 p.m.** | **Chores** |
| **6 p.m.** | **Chores** |
| **7 p.m.** | **Social Activities** |
| **8 p.m.** | **Rest** |
| **9 p.m.** | **TV** |
| **10 p.m.** | **TV** |
| **11 p.m.** | **TV** |
| **12 a.m. (midnight)** | **Sleep** |
| **1 a.m.** | **Sleep** |
| **2 a.m.** | **Sleep** |
| **3 a.m.** | **Sleep** |
| **4 a.m.** | **Sleep** |
| **5 a.m.** | **Sleep** |

# **Daniel’s Future Timeline**

|  |  |
| --- | --- |
| **Time** | Fill in how you would  like to spend your time. |
| **6 a.m.** | **Sleep** |
| **7 a.m.** | **Sleep** |
| **8 a.m.** | **Personal Care** |
| **9 a.m.** | **Work & Transportation** |
| **10 a.m.** | **Work & Transportation** |
| **11 a.m.** | **Work & Transportation** |
| **12 p.m. (noon)** | **Personal Care** |
| **1 p.m.** | **Work & Transportation** |
| **2 p.m.** | **Work & Transportation** |
| **3 p.m.** | **Work & Transportation** |
| **4 p.m.** | **Work & Transportation** |
| **5 p.m.** | **Chores** |
| **6 p.m.** | **Chores** |
| **7 p.m.** | **Social Activities** |
| **8 p.m.** | **Social Activities/Physical Activity** |
| **9 p.m.** | **Physical Activity/Rest** |
| **10 p.m.** | **Rest/TV** |
| **11 p.m.** | **TV** |
| **12 a.m. (midnight)** | **Sleep** |
| **1 a.m.** | **Sleep** |
| **2 a.m.** | **Sleep** |
| **3 a.m.** | **Sleep** |
| **4 a.m.** | **Sleep** |
| **5 a.m.** | **Sleep** |