

Task	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brush Teeth							
Brush Hair							
Shower							
Wash Hair							
Make bed							
Eat breakfast							
Wash face							
Drink water							

Here is a little one for you to try. I have added a few blank boxes so you can add what you feel you also need to do. Don't make it anything too big if you know you are not ready for that yet.

“Strength grows in the moment you think you can not go on anymore but you keep going anyway”