

Mock Schedule

- This is an outline of a schedule we would utilize for a resident.
- Some of the activities might change once we get to know the individual and identify their preferences and capabilities.
- Once the activities are finalized, we will re-create the schedule with visuals (pictures) to enhance understanding.

Mock Schedule

MONDAY

- Wake up
- Complete hygiene
- Eat breakfast
- Take medication
- Choice time
- Bathroom break
- Go to school
- Come home by 2:45pm
- Put book bag away
- Bathroom break
- Snack
- Exercise at the gym or outside
- Bathroom break
- Group activity
- Bathroom break
- Dinner
- Take medication
- Shower
- Choice activity
- Bathroom break
- Bedtime

TUESDAY

- Wake up
- Complete hygiene
- Eat breakfast
- Take medication
- Choice time
- Bathroom break
- Go to school
- Come home by 2:45pm
- Put book bag away
- Bathroom break
- Snack
- Exercise at the gym or outside
- Bathroom break
- Music time
- Van ride
- Bathroom break
- Dinner
- Take medication
- Hygiene
- Choice activity
- Bathroom break
- Bedtime

WEDNESDAY

- Wake up
- Complete hygiene
- Eat breakfast
- Take medication
- Choice time
- Bathroom break
- Go to school
- Come home by 2:45pm
- Put book bag away
- Bathroom break
- Snack
- Exercise at the gym or outside
- Bathroom break
- Group activity
- Bathroom break
- Dinner
- Take medication
- Hygiene
- Choice activity
- Bathroom break
- Bedtime

Mock Schedule

THURSDAY

- Wake up
- Complete hygiene
- Eat breakfast
- Take medication
- Choice time
- Bathroom break
- Go to school
- Come home by 2:45pm
- Put book bag away
- Bathroom break
- Snack
- Exercise at the gym or outside
- Bathroom break
- Group activity
- Music time
- Van ride
- Bathroom break
- Dinner
- Take medication
- Shower
- Choice activity
- Bathroom break
- Bedtime

FRIDAY

- Wake up
- Complete hygiene
- Eat breakfast
- Take medication
- Choice time
- Bathroom break
- Go to school
- Come home by 2:45pm
- Put book bag away
- Bathroom break
- Snack
- Exercise at the gym or outside
- Bathroom break
- Group activity
- Bathroom break
- Dinner
- Take medication
- Shower
- Choice activity
- Bathroom break
- Bedtime

Mock Schedule

Weekend (Sat-Sun)

7am to 9pm

SATURDAY

- Wake up
- Complete hygiene
- Eat breakfast
- Take medication
- Chore(s)
- Bathroom break
- Group activity or weighted activity
- Bathroom break
- Snack
- Math problems or reading
- Music time
- Bathroom break
- Lunch
- Exercise at the gym or outside
- Bathroom break
- Snack
- Group activity or quiet time
- Van ride
- Bathroom break
- Dinner
- Take medication
- Shower
- Choice activity
- Bathroom break
- Bedtime

SUNDAY

- Wake up
- Complete hygiene
- Eat breakfast
- Take medication
- Chore(s)
- Bathroom break
- Group activity or weighted activity
- Bathroom break
- Snack
- Math problems or reading
- Music time
- Bathroom break
- Lunch
- Facetime with family
- Exercise at the gym or outside
- Bathroom break
- Snack
- Group activity or quiet time
- Van ride
- Bathroom break
- Dinner
- Take medication
- Shower
- Choice activity
- Bathroom break
- Bedtime