Weekly diary

Monday

Write down how you helped them:

- wake up
- get out of bed
- make and eat meals
- get around
- dress and undress
- wash
- go to and from school
- go to the toilet
- take medicine
- do therapy
- play
- get into bed
- settle into sleep
- turn in bed
- communicate with others

During the day

During the night

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Weekly diary

Tuesday

Write down how you helped them:

- wake up
- get out of bed
- make and eat meals
- get around
- dress and undress
- wash
- go to and from school
- go to the toilet
- take medicine
- do therapy
- play
- get into bed
- settle into sleep
- turn in bed
- communicate with others

During the day

During the night

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Weekly diary

Wednesday

Write down how you helped them:

- wake up
- get out of bed
- make and eat meals
- get around
- dress and undress
- wash
- go to and from school
- go to the toilet
- take medicine
- do therapy
- play
- get into bed
- settle into sleep
- turn in bed
- communicate with others

During the day

During the night

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Weekly diary

Thursday

Write down how you helped them:

- wake up
- get out of bed
- make and eat meals
- get around
- dress and undress
- wash
- go to and from school
- go to the toilet
- take medicine
- do therapy
- play
- get into bed
- settle into sleep
- turn in bed
- communicate with others

During the day

During the night

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Weekly diary

Friday

Write down how you helped them:

- wake up
- get out of bed
- make and eat meals
- get around
- dress and undress
- wash
- go to and from school
- go to the toilet
- take medicine
- do therapy
- play
- get into bed
- settle into sleep
- turn in bed
- communicate with others

During the day

During the night

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Weekly diary

Saturday

Write down how you helped them:

- wake up
- get out of bed
- make and eat meals
- get around
- dress and undress
- wash
- go to and from school
- go to the toilet
- take medicine
- do therapy
- play
- get into bed
- settle into sleep
- turn in bed
- communicate with others

During the day

During the night

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Weekly diary

Sunday

Write down how you helped them:

- wake up
- get out of bed
- make and eat meals
- get around
- dress and undress
- wash
- go to and from school
- go to the toilet
- take medicine
- do therapy
- play
- get into bed
- settle into sleep
- turn in bed
- communicate with others

During the day

During the night

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