

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Early morning</b>	In bed	In bed	In bed	In bed	In bed	In bed	In bed
<b>Late morning</b>	In bed Long bath	Breakfast Shower	In bed Long bath	Breakfast Shower	Breakfast	In bed Long bath	Breakfast
<b>Early afternoon</b>	Had lunch made by mum, watched television	Made soup	Saw GP	Lay on sofa Facebook	Sat in garden	Cereal	Walked to corner shop (5 minutes)
<b>Late afternoon</b>	Watched television	Bed and dozed on and off	Went to bed and slept	Toast and cheese Had nap	Mum made lunch	Online food shop	Read papers
<b>Early evening</b>	Had supper made (takeaway)	Zoom meeting with friends	Ate toast and cheese in bed	Watched television Ate chocolate	Talked with mum	Dozed on sofa Television Supper	Watched Television Supper
<b>Late evening</b>	Phoned a friend	Bed	Bed	Bed	Bed (exhausted)	Bed	Bed
Overnight	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bed time	22:00	20:00	20:00	21:00	19:00	22:00	22:00
Sleep time	22:30	21:30	20:00	23:00	20:30	22:30	22:30
Wake up time	08:30	08:00	08:00	08:15	07:45	08:30	08:30