

Calendar A - prepopulating planned week

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
5:30	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:00	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
6:30	Personal care	Personal care	Personal care	Personal care	Personal care	Sleep	Sleep
7:00	Personal care/ drive to work	Personal care/ drive to work	Personal care/ drive to work	Personal care/ drive to work	Personal care/ drive to work	Sleep	Sleep
7:30	Work Make coffee & breakfast	Work Make coffee & breakfast	Work Make coffee & breakfast	Work Make coffee & breakfast	Work Make coffee & breakfast	Personal care	Sleep
8:00	Work	Work	Work	Work	Work	Childcare -grandson, change laundry, make breakfast, pack lunches, feed dog	
8:30	Work	Work	Work	Work	Work	Childcare -grandson drive to the gym	
9:00	Work	Work	Work	Work	Work	Gym - pilates	
9:30	Work	Work	Work	Work	Work	Gym - pilates	
10:00	Work	Work	Work	Work	Work	Gym - weights	
10:30	Work	Work	Work	Work	Work	Gym - weights	Personal care
11:00	Work	Work	Work	Work	Work	Drive	Childcare grandsons

11:30 AM	Work	Work	Work	Work	Work		Childcare -grandson
12:00 PM	Work	Work	Work	Work	Work		Childcare -grandson Leisure
12:30 PM	Work	Work Skipped lunch	Work	Work	Work		Childcare -grandson Leisure
1:00 PM	Work	Work	Work	Work	Work		Childcare -grandson Leisure
1:30 PM	Work	Work	Work	Work	Work		Childcare -grandson Leisure
2:00 PM	Work	Work	Work	Work	Work		Childcare -grandson Leisure
2:30 PM	Work	Work	Work	Work	Work		Childcare -grandson Leisure
3:00 PM	Work	Work	Work	Work	Work		Childcare -grandson Leisure
3:30 PM	Work	Work	Work	Work	Work		Childcare -grandson Leisure
4:00 PM	Work	Work	Work	Work	Work		Childcare -grandson Leisure
4:30 PM	Work/ commute	Work/ commute	Work/ commute	Work/ commute	Work/ commute		Weekly Family dinner, prep and serve appetizers
5:00 PM	Meeting with a lawyer	Childcare -grandson,	Drive	Childcare -grandson,	Childcare -grandson, leisure		Childcare -grandson Leisure
5:30 PM	Meeting with a lawyer	Childcare -grandson,	Gym - pilates	Childcare -grandson,	Childcare -grandson,		Childcare -grandson Serve dinner & eat
6:00 PM	Caregiving -Drive to and order	Childcare -grandson,	Gym - pilates	Childcare -grandson,	Childcare -grandson, leisure		Childcare -grandson

