### 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

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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#### During the night

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**Tuesday**

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</thead>
<tbody>
<tr>
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