

AM/PM Routine

Take vitals	Attend Community Meeting	Change out of PJ's	Morning Stretch	Laundry
Call a love one	Take medication	Make Bed	Brush Hair	Morning Stretch
Shower	Wash Face	FREE	Brush Teeth	Drink Juice
Eat Breakfast	Mouth Wash	Floss	Drink Coffee	Listen to music
Clean up after ourselves in dining room	Brushing teeth	Moisturize	Watch T.V.	Catch sunrise

AM/PM Routine

Wash Face	Brush Hair	Morning Stretch	Call a love one	Make Bed
Change out of PJ's	Watch T.V.	Laundry	Brushing teeth	Morning Stretch
Eat Breakfast	Brush Teeth	FREE	Drink Juice	Attend Community Meeting
Drink Coffee	Moisturize	Take vitals	Catch sunrise	Mouth Wash
Floss	Listen to music	Shower	Take medication	Clean up after ourselves in dining room

AM/PM Routine

Brushing teeth	Moisturize	Brush Hair	Listen to music	Brush Teeth
Take vitals	Eat Breakfast	Floss	Take medication	Laundry
Shower	Catch sunrise	FREE	Mouth Wash	Drink Coffee
Wash Face	Morning Stretch	Morning Stretch	Watch T.V.	Change out of PJ's
Drink Juice	Attend Community Meeting	Make Bed	Call a love one	Clean up after ourselves in dining room