

date	sleep time	wake time	mood
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Oxygen Mask

- ☐ Breakfast
- ☐ Medication
- ☐ Movement

Get Ready

- ☐ Warm Shower
- ☐ Choose clothes for today
- ☐ Dental

Get Ahead

- ☐ Turn on music
- ☐ Cat litter
- ☐ Dishwasher
- ☐ Laundry
- ☐ Tidy spaces