

Project _____

Date ___ sep 12-18 _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	sleep	sleep	sleep	sleep	sleep	sleep	sleep
5:30	sleep	sleep	sleep	sleep	sleep	sleep	sleep
6:00		sleep					
6:30	sleep	sleep	sleep	sleep	sleep	sleep	sleep
7:00		wake up and turn my sons feeding machine off					
7:30		breakfast for me	breakfast	breakfast	laying in bed to fully wake up	breakfast	laying in bed trying to wake up
8:00	got up ate breakfast	give my son a bottle + give him is iron medicine					
8:30	laying on couch		my sons nap time	my sons nap time	breakfast for me + sons nap time	my sons nap time	my sons nap time
9:00	watching netflix + tiktok	turns my son feeding machine on	breakfast for me		netflix + turns cartoons on for my son	tiktok + watching youtube	breakfast for me
9:30	playing with my son		watching tv + doing homework		getting my self ready and my son so we can go run errands	breakfast for me	laying back down
10:00	put my son to sleep for nap time and offered him a bottle	disconnect from his central line + gives him his imodium medicine			run errands (grocery shopping), get new glasses and get wic from the wic office		
10:30	laying back down		laying down		continued	my mom come gets him for a couple hours in the living room so i can do what I need to do	wakes my son up for a bottle and did a wash up on him
11:00	put on cartoons for my son		son wakes up I change him and play with him		continued	takes a washup	playing on the floor with my son toys(parents left to go to church)
11:30	did homework		took his bath + wash his hair		continued	start on homework	listening to music
12PM	got lunch while meeting my sons father on the 2nd floor of the hospital	class (in person)	put on cartoons for him	class(in person)	continued	continued	facetiming his dad
12:30	son watching spiderman while I pack everything to go home		did some more homework for mutiple classes		waited for my glasses to be ready; we all went inside to check glasses out	continued	shower
1:00	class(zoom) didnt attend		class(zoom)		made it back to the house	kylo is in the living room still	still on facetime with his dad
1:30	left hospital in different cars since his dad didnt have the carseat				sons nap time + watching netflix		watching netflix while doing homework
2:00	arrived at the house + started reorganizing my room with my sons dad				fixed me something to eat and doing homework	shower	put him to sleep for a cat nap while finishing up homework

2:30			gave my son a bottle		gave my son a bottle	homework	gave my son a bottle (parents back from church)
3:00	finished my room; his dad and I left to run errands		started his feeding tube		started his feeding tube	homework	started his feeding tube
3:30	target stop + joans stop (3:35) + zaxbys (3:50)		nap time for the both of us	nap time for my son + took me a shower	put on music; son and I danced and played	hes back in my room after finishing up homework	put on cartoons+ fixed me something to eat
4:00	going to hiss grandparents to get something fixed on the car	left the hospital to go home	woke up fixed me something to eat	listening to music and cleaning up + afterwards did some homework	put him in his crib while he was watching cartoons	takes stuff out of fridge for later	laying in bed while eating
4:30	all errands done ; arrived at the house	got home	son wakes up + I take his stuff out for later	take stuff out of fridge for his tpn and lipids later	takes his stuff out of fridge for later	gives him a bottle (he didnt take it earlier)	takes stuff out for later
5:00	setting up his tpn and lipids for his central line with his dad help	set up his tpn and lipids					
5:30	telling my niece to get out my room constantly	playing with his toys	gives him toys to play with while I do homework	laying down watching tiktoks	on tiktok waiting to connect him	puts on cartoons	did some homework
6:00	a incident happen.. my sons gtube came out and I couldnt connect his tpn and lipids due to wrong port connected	connents him to his cental line					
6:30	his dad and I made it to the er	facetime with his dad	his dad facetime him to talk	washed my son up + put on cartoons	washed my son up	fixed my something to eat + watching netflix	my son and I playing peekaboo
7:00	waiting	cleaning room	gave my son a wash up	playing with him til 7:30	both took a cat nap	my son playing with his toys while I wash him up	washes my son up
7:30		does homework while he still on the phone with his dad	dancing with my son		still sleeping		hes playing in the water
8:00		gives him a bottle	gives him a bottle	shower	woke up to fix some food	offered him another bottle	give him a bottle
8:30		puts him in his crib	puts him in hsi crib	gave my son toys to play with while I go back to do some homework	he wakes up; I give him a bottle	put him in his crib	lay him down in crib + cartoons on
9:00		gives my son his iron medicine					
9:30		watching a movie to go to sleep	shower	put him to sleep	he goes back to sleep in his crib	getting ready for bed	shower
10:00		sleep	sleep	sleep	shower		he went to sleep
10:30	his dad left to go home	sleep	sleep	sleep	sleep	sleep	sleep
11:00		sleep	sleep	sleep	sleep	sleep	sleep
11:30	finally got a room	sleep	sleep	sleep	my son wakes up; I turn on cartoons	my son wakes up; I turn on cartoons	my son wakes up; I tune on cartoons
12AM	got his gtube replaced	sleep	sleep	sleep	my son falls back to sleep	my son falls back to sleep	my son falls back to sleep
12:30	stayed at the hospital	sleep	sleep	sleep	tiktok	tiktok	tikok
1:00		wakes up; his machine going off	sleep	sleep	sleep	sleep	sleep
1:30		hes up so I give him a bottle	sleep	sleep	sleep	sleep	sleep
2:00		back to sleep for both of us	sleep	sleep	sleep	sleep	sleep

2:30		sleep	sleep	sleep	sleep	sleep	sleep
3:00		sleep	sleep	sleep	sleep	sleep	sleep
3:30		sleep	sleep	wakes up to refill his feeding bag	I wake up	I wake up	I wake up
4:00		gives my son his imodium medicine					
4:30		up on tiktok	wakes up; machine going on	sleep	sleep	sleep	sleep

LAURA

VANDERKAM

168 HOURS TIME MANAGEMENT WORKSHEET

Project _____

Date _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5AM	Sleep						
5:30							
6:00							
6:30							
7:00	wakes up (me)	son wakes up	wakes up	son wakes up	wakes up (me)	son wakes up	son wakes up
7:30	son wakes up	wakes up (me)	son wakes up (me)	wakes up (me)	son wakes up	wakes up (me)	wakes up (me)
8:00	iorn medicine + bottle fed						
8:30	looking at cars (future purchases)	laying in bed	looking at cars (future purchases)	laying in bed	looking at cars (future purchases)	laying in bed	laying in bed
9:00	breakfast (eat in my room) + playtime for my son or watching cartoons						
9:30	laying in the bed	laying in the bed	laying in the bed	laying in the bed	every friday I have therapy on the phone	shower time (me)	shower time (me)
10:00	imodium meds						
10:30	homework						
11:00	homework						
11:30	homework						
12PM	my son usual nap time						
12:30		in person class		in person class	watching tv together (son and I)	watching movies	
1:00	class zoom		class zoom		both taking a nap again for him		My son is in the living room with my parents while I do homework and other things that needs to be done
1:30					homework time	cat nap (me)	
2:00					homework time	dad is in town both me and my son hangs out with him	
2:30					my son gets bottle fed		
3:00					homework time		
3:30	another usual nap time for my son (bottle fed)						
4:00	Imodium meds + take out TPN/Lipids						
4:30						his dad and I usually go out and run errands + parents looking over my son	
5:00							
5:30							
6:00	connect him to his TPN/Lipids						
6:30	make and eat dinner						
7:00	within these hours I multitask with doing bits of homework, playing with my son, getting everything ready for night (mixing more formula for his bag, etc)						
7:30							
8:00							
8:30							
9:00	iron meds + bottle fed						
9:30	sleeping in this crib						
10:00	imodium meds						
10:30	homework time (everyone in the household is sleep, I can peacefully do homework)						
11:00							
11:30							
12AM							
12:30							
1:00							
1:30							
2:00							

2:30
3:00
3:30
4:00
4:30

Sleep