

Isolation itinerary: Scheduling brain injury recovery at home

2020 Planner

SATURDAY

SUNDAY

6AM-8AM	Get dressed & eat breakfast	Get dressed & eat breakfast
8AM-10AM	Practice Constant Therapy	Tidy up the house
10AM-12PM	Video call w/ Max	Practice Constant Therapy
12PM-2PM	Eat lunch, do PT exercises	Lunch & call Abby
2PM-4PM	Laundry	Do OT exercises
4PM-6PM	Bake cookies, eat dinner	Organize cabinets, eat dinner
6PM-8PM	Watch a movie	Video call w/ Tom
8PM-10PM	Relax in bed while journaling	Read book in bed

Other ideas for recovery activities to add to schedule:

- Work on a jigsaw puzzle or Sudoku
- Go for a short walk around the block
- Handwrite a letter or type an email
- Start a crafting project

Constant Therapy