

Map out a typical day



Name of person _____ Day of the week _____

Feeling																	
Activities																	
Time	7am	8	9	10	11	12pm	1	2	3	4	5	6	7	8	9	10	11
	Morning					Afternoon						Evening					

This helps you to see what someone does in a normal day, what their habits are, and where you might be able to design something that fits their daily routine.

