	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Example	8am: Saffiyah taking the kids to school	1pm: Pat driving to day unit for chemo (tel 01)	8am: Saffiyah taking the kids to school	7pm: Stu taking Tamal to Scouts	9am: Stu calling physio to ask about exercises (tel 01)	10am: Pat doing the ironing	4pm: Liz visiting
Morning							
Afternoon							
Evening							