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Daily Calendar example:

Monday

9-9.30am	Breakfast and check news
10-10.30am	Exercise video from Youtube (20 mins)
10.30-11.30am	Shower and get dressed
11.30-12.30pm	Watch TV
12.30-1.30pm	Make and eat lunch
1.30-2.30pm	Go for a local walk (remember to keep distance and wash hands)
2.30-3.30pm	Clean cupboards out
3.30-4.30pm	Cup of herbal tea and reading
4.30-5.30pm	Internet browsing and online brain training games
5.30-6pm	Watch TV or make a phone call
6-7pm	Make and eat dinner
7- 9pm	Watch movie
9-9.30pm	Meditation from Youtube
9.30-10pm	Reading
10pm	Bed

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Monday

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Tuesday

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Wednesday

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Thursday

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Friday

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Saturday

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Sunday