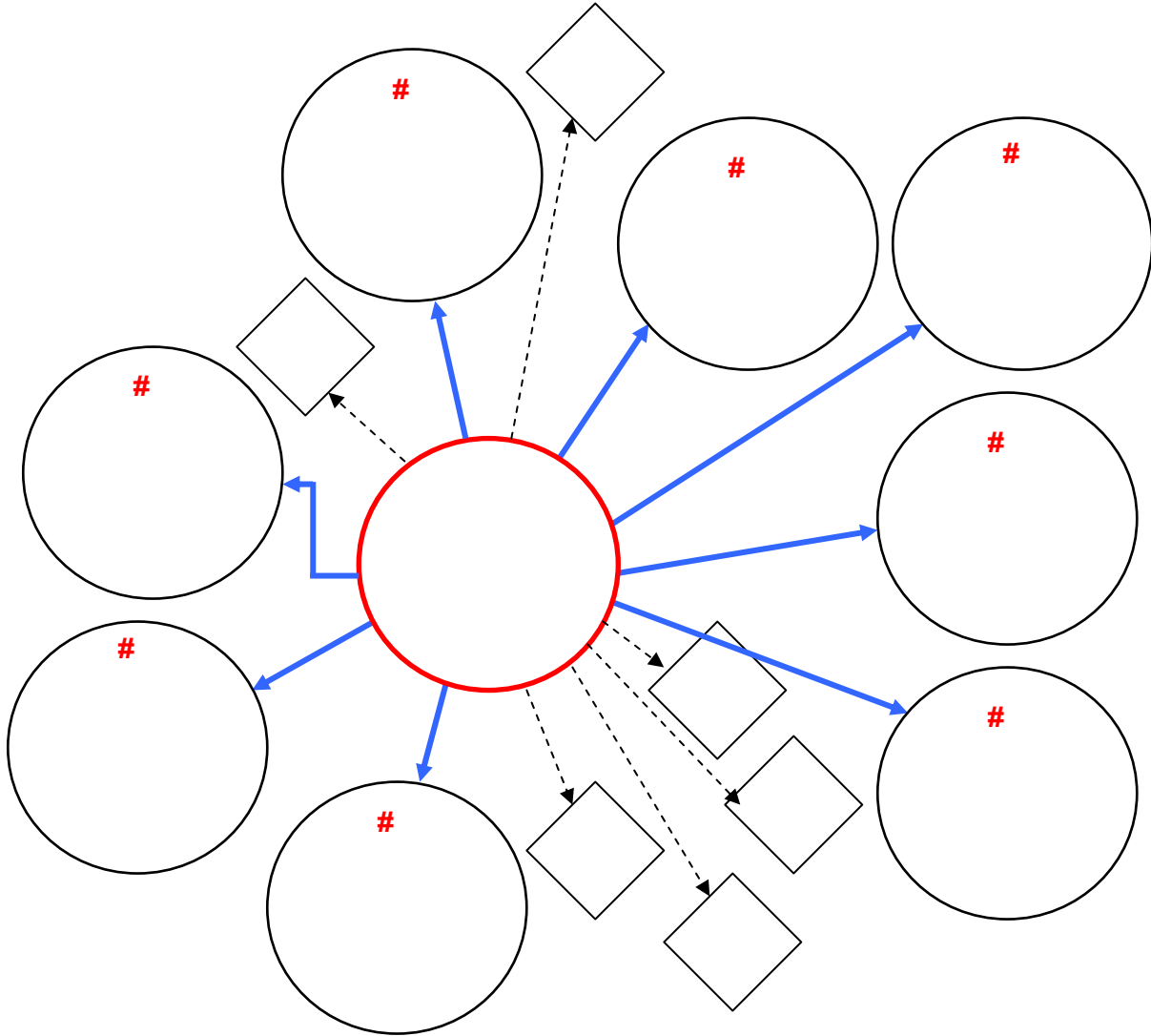


# Planning Web for Embedding in Family Activities and Routines



## Tracking Sheet for Embedding in Family Activities and Routines

ACTIVITY/ROUTINE	# of Learning Opportunities	Order to Use	Start Date	What Will Adult Do?
BATHTIME				
MORNING ROUTINE (getting up, getting dressed, etc.)				
BEDTIME (getting ready for bed, going to bed, sleeping)				
MEALTIMES (appetite, level of assistance); Lunch; dinner, snack; breakfast				
PLAYTIME (Indoor Play)				
STORY TIME				
OUTDOOR PLAY (riding a bike, playing outside, playing on playground equipment, swimming)				
AT HOME CHORES (cleaning, preparing meals, watching TV, caring for pets, etc.)				
LEAVING THE HOUSE				
TRAVEL TIME (riding in a car, bus; walking, etc.)				
RUNNING ERRANDS (grocery store, mall/store shopping, banking, wash/cleaners)				
OUTINGS (visit a friend/relative, eat at a restaurant/fast food, go to museums, amusement parks, zoo)				
TOTAL				