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| **Opportunities for Choice** | **DATE: Mondays** |
| **Session** | **Time**  | **Choice** | **Choice** | **Choice** |
| Getting Up | 7.00 am | Get Up / Lie in |  |  |
| Washing | 7.15 am | What toothpaste | What soap | What towel |
| Dressing | 7.30 am | What to wear | What Colour |  |
| Breakfast | 8.00 am | Where to sit | Who to sit with | What to eat and drink |
|  |  |  |  |  |
| Session One (Physio) | 9.00 am | Which Therapist | What activity |  |
|  |  |  |  |  |
| Break | 10.30 am | What drink | Where to sit | What cup |
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|  |  |  |  |  |
| Lunch | 12.30 | What to eat | What to drink | Where to sit |
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|  |  |  |  |  |
| Break |  |  |  |  |
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|  |  |  |  |  |
| Dinner |  |  |  |  |
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| Evening Activity |  |  |  |  |
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|  |  |  |  |  |
|  |  |  |  |  |
| Retiring |  | What time |  |  |
|  |  |  |  |  |