

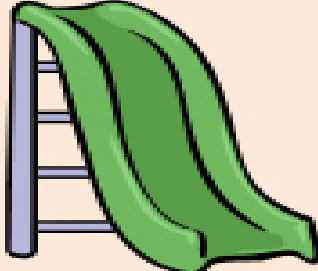




	Time	Action	Notes
<b>Quiet Time</b> 	When Lucy wakes up (6 – 7 am)	<input type="checkbox"/> Change Diaper <input type="checkbox"/> Give her milk	Daytime diaper
<b>Breakfast</b> 	7:30/8 am	<input type="checkbox"/> 2 Grain <u>and</u> <input type="checkbox"/> 1 Fruit <u>or</u> <input type="checkbox"/> 1 Dairy*	Toast and jam, <del>cheerios</del> with milk; oatmeal with 1/2 fruit cup; waffle and 1/2 banana
<b>Playtime</b> 	After breakfast	<input type="checkbox"/> Hands/face <input type="checkbox"/> Potty <input type="checkbox"/> Brush teeth <input type="checkbox"/> Get Dressed <input type="checkbox"/> Hair	Try potty, change diaper if needed
	9/9:30 am	SNACK: <input type="checkbox"/> 1 Fruit <u>or</u> <input type="checkbox"/> 1 Dairy	*Look at breakfast to see if she gets fruit or dairy: 1/2 apple (sliced), cheese string
	9:30 am	<input type="checkbox"/> Potty/Diaper	Try potty, change diaper if needed
	10/10:30 am	<input type="checkbox"/> Treat (Goldfish, cookies, granola bar)	1/2 of a snack cup's worth
<b>Lunch</b> 	11:30 am	<input type="checkbox"/> 1 Protein <input type="checkbox"/> 1 Veg <input type="checkbox"/> 1 Grain (optional)	2-3 chicken or soy nuggets, 1/2 avocado; turkey, tomato and cheese on 1 slice bread; <del>broccoli</del> omelette
<b>Nap Time</b> 	11:50 am	<input type="checkbox"/> Potty/Diaper <input type="checkbox"/> PJ pants <input type="checkbox"/> Darken room <input type="checkbox"/> Read books <input type="checkbox"/> Kiss/hug <input type="checkbox"/> Nap	Lucy should stay in her room up to 2pm even if she doesn't sleep