



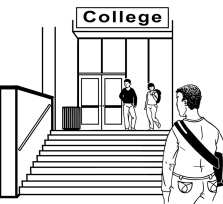






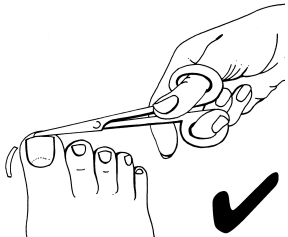







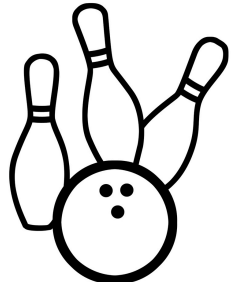

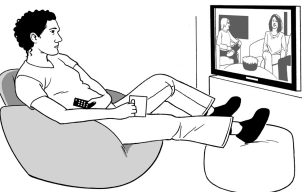
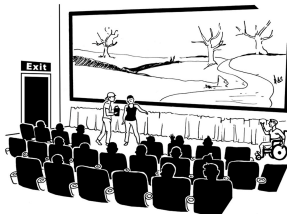






To keep well I need to:		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Do things to keep happy</b>								
<b>Getting out</b> 	Join the music club Horse riding	<b>Morning</b> Swimming 10.30 -12.00 	<b>Morning</b> Do washing and tidy 	<b>Morning</b> See dietician 11.00am 	<b>Morning</b> College 9.00am 	<b>Morning</b> Go shopping 	<b>Morning</b> Have lie in 	<b>Morning</b> Go to church 
<b>Keeping in touch</b> 	Keep in touch with friends and my mum	<b>Supported by:</b> Ann	<b>Supported by:</b> Ann	<b>Supported by:</b> Brenda	<b>Supported by:</b>	<b>Supported by:</b> Brenda	<b>Supported by:</b>	<b>Supported by:</b> Ann
<b>Have a nice home</b> 	Support to sort bills Help to keep home tidy	<b>Afternoon</b> Help with bills 	<b>Afternoon</b> Chiropodist 2.30 	<b>Afternoon</b> Music club 	<b>Afternoon</b> 	<b>Afternoon</b>	<b>Afternoon</b> Go to town 	<b>Afternoon</b> Visit parents 
<b>Personal learning</b> 	Learn to use a computer	<b>Supported by:</b> Ann	<b>Supported by:</b> Ann	<b>Supported by:</b> Brenda	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>
<b>Spiritual needs</b> 	Go to church on Sundays	<b>Supported by:</b> Ann	<b>Supported by:</b> Ann	<b>Supported by:</b> Brenda	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>
<b>Do things to keep healthy</b>								
<b>Look after My health</b> 	Control my diabetes Eat better Look after my feet	<b>Evening</b> 	<b>Evening</b>	<b>Evening</b> 	<b>Evening</b> 	<b>Evening</b> 	<b>Evening</b>	<b>Evening</b> 
<b>Keeping fit</b> 	Watch my weight Get more exercise	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>	<b>Supported by:</b>
<b>Future dates and notes:</b> 	Weight on 24 <sup>th</sup> Jan was 78 kilos Coming up Dentists in February 16 <sup>th</sup>  Mums Birthday February 21 <sup>st</sup> get present							