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| --- | --- | --- | --- | --- | --- |
| HORA | LUNES | MARTES | MIÉRCOLES | JUEVES | VIERNES |
| 8:30h | Levantarse, asearse, vestirse y desayunar |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 11:00h | Descanso y Almuerzo |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 14:00h | Comer y Descansar |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 17:30h | Merendar y Descansar |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 20:30h | Ducharse, Cenar y Dormir |