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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 | | | | |