

Personal Assistance Schedule

Name: _____

Date/Semester : _____

Number of Hours:

ADLs : _____/week

Hours Related to Education/Work: _____/week

Total: _____/week

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12am-6am							
6-6:30							
6:30-7							
7-7:30							
7:30-8							
8-8:30							
8:30-9							
9-9:30							
9:30-10							
10-10:30							
10:30-11							
11-11:30							
11:30am-12pm							
12-12:30							
12:30-1							
1-1:30							
1:30-2							
2-2:30							
2:30-3							
3-3:30							
3:30-4							
4-4:30							
4:30-5							
5-5:30							
5:30-6							
6-6:30							
6:30-7							
7-7:30							
7:30-8							
8-8:30							
8:30-9							
9-9:30							
9:30-10							
10-10:30							
10:30-11							
11-11:30							
11:30pm-12am							

Example

Number of Hours:

ADLs : 34.5 /week

Hours Related to Education/Work: 18 /week

Total: 52.5 /week

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12am-6 am							
6-6:30							
6:30-7							
7-7:30	ADLs		ADLs		ADLs		
7:30-8							
8-8:30		ADLs		ADLs			
8:30-9						ADLs	ADLs
9-9:30					Class		
9:30-10	Class		Class				
10-10:30							
10:30-11							
11-11:30					Class		
11:30am-12pm							
12-12:30	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs
12:30-1							
1-1:30							
1:30-2							
2:30-3							
3-3:30		Class		Class			
3:30-4	Class		Class				
4-4:30							
4:30-5							
5-5:30							
5:30-6	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs
6-6:30							
6:30-7							
7-7:30							
7:30-8							
8-8:30	ADLs	ADLs	ADLs	Class	Class	Class	
8:30-9	Laundry	Cleaning	Shopping	Library	Library	Library	
9-9:30							
9:30-10							
10-10:30							
10:30-11	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs	ADLs
11-11:30							
11:30pm-12am							