



Daily Routine and Activities:

Daily Schedule:

Snacks and Meals: Please list specific dietary restrictions or requirements including any specialty formulas or thickeners needed.

Breakfast:	Notes:
Morning Snack:	Notes:
Lunch:	Notes:
Afternoon Snack:	Notes:
Dinner:	Notes:

Medications:

Medication Name:	Dosage:
Time(s) Administered:	Notes:

Medication Name:	Dosage:
Time(s) Administered:	Notes:

Medication Name:	Dosage:
Time(s) Administered:	Notes:

Medication Name:	Dosage:
Time(s) Administered:	Notes:

Medication Name:	Dosage:
Time(s) Administered:	Notes:

Medication Name:	Dosage:
Time(s) Administered:	Notes:

School Activities:

Subjects/Classes:
Notes:

Subjects/Classes:
Notes:

Programs and systems change often. It is important to ensure that you are using the most current information. This document was created August 2023. Please check <https://www.inf2f.org/fact-sheets.html> for the most recent edition. This document was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$89,140 with 87 % percent financed with non-governmental sources. The contents are those of INF2F and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.HRSA.gov).



Extracurriculars:

Activity:
Time/Location:

Activity:
Time/Location:

Activity:
Time/Location:

Therapy/Doctor Appointments:

Type of Appointment:	Location:
Time:	Notes:

Type of Appointment:	Location:
Time:	Notes:

Type of Appointment:	Location:
Time:	Notes:

Evening Routine:

Bath Time:	Notes:
Relaxation Activities:	Notes:
Bedtime:	Notes:

Programs and systems change often. It is important to ensure that you are using the most current information. This document was created August 2023. Please check <https://www.inf2f.org/fact-sheets.html> for the most recent edition. This document was supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$89,140 with 87 % percent financed with non-governmental sources. The contents are those of INF2F and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS, or the U.S. Government. For more information, please visit [HRSA.gov](https://www.hrsa.gov).

