PERSONAL CARE AND ROUTINES · ANSWER GUIDE

# Build a Ready-to-Go Routine

Accept pointing, speech, signing, typing, or written answers.

Read each time of day. Write or say the helpful routine step.



Before breakfast

**1. What can help?**
**wash hands**



Before leaving home

**2. What can help?**
**phone and keys**



After using the restroom

**3. What can help?**
**wash hands**



Before bed

**4. What can help?**
**clean clothes**



After a workout

**5. What can help?**
**drink water**



Before a community class

**6. What can help?**
**start time**