



shower



wash face



take a bath



go to bathroom



wash hands



take medication



brush hair



brush hair



put on makeup



brush teeth



put on lotion



put on deodorant



shave underarms



shave legs



shave



shave



get dressed



put on pajamas



choose clothes for the next day



put clothes in hamper



make bed



get in bed



pack lunch



pack work bag



pack book bag



put on shoes



put on shoes



read



write in journal



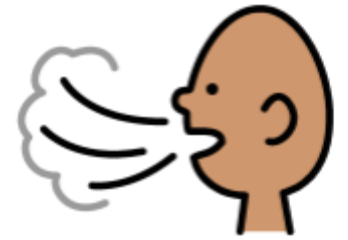
put away  
tablet/phone



stretch



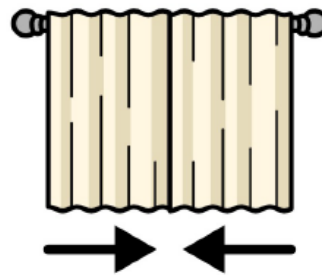
pray



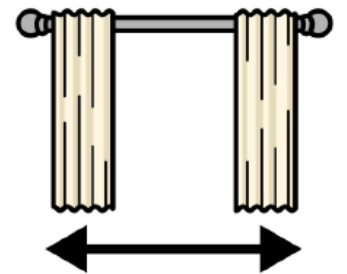
take deep breaths



listen to music



close curtains



open curtains



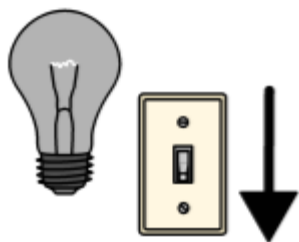
turn alarm off



set alarm



turn on light



turn off light



put on CPAP mask



take CPAP off



turn Inspire on



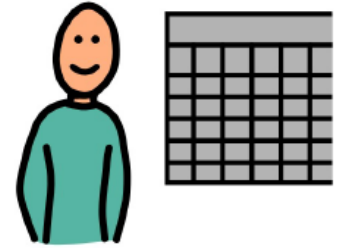
turn Inspire off



sound machine off



sound machine on



check calendar



drink water



eat breakfast



eat a bedtime snack



exercise