

## Scaffolding – An Example

### Once A Week (when?)

Menu planning and Online grocery order – Wed 8-9pm

House tidy/clean – Friday 4 – 6pm (when grocery delivery slot is)

### A Few Times A Week (when?)

Gym - Mon Wed Fri 11.30

Cooking – either 6.45 am to 7.30am Tues Wed Fri or 8-9pm Mon Tues Thurs

### Daily (when?)

Meditation – on waking

Theta Affirmations – after meditation or before check ins

Scripting – before check ins

Slow eating game – breakfast and lunch.

Print off and tick each item off when completed

Mon	Meditation Theta Scripting Slow eating B DB/Ross face Slow eating L DB/Ross face	Gym 11.30  Cooking – 8pm
Tues	Meditation Theta Scripting Slow eating B 1MM Slow eating L TBC	Cooking either 6.45am OR 8pm
Wed	Meditation Theta Scripting Slow eating B BTCB Slow eating L DB/Ross face	Cooking ? 6.45am  Gym 11.30  Menu plan/grocery order 8pm
Thur	Meditation Theta Scripting Slow eating B 1MM Slow eating L More or less	Cooking – 8pm
Fri	Meditation Theta Scripting Slow eating B DB/Ross face Slow eating L TBD	Cooking ? 6.45am  Gym 11.30  House tidy and grocery delivery 4-6pm
Sat	Meditation Theta Scripting Slow eating B BTCB Slow eating L BTCB	
Sun	Meditation Theta Scripting Slow eating B 1MM Slow eating L TBD	

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