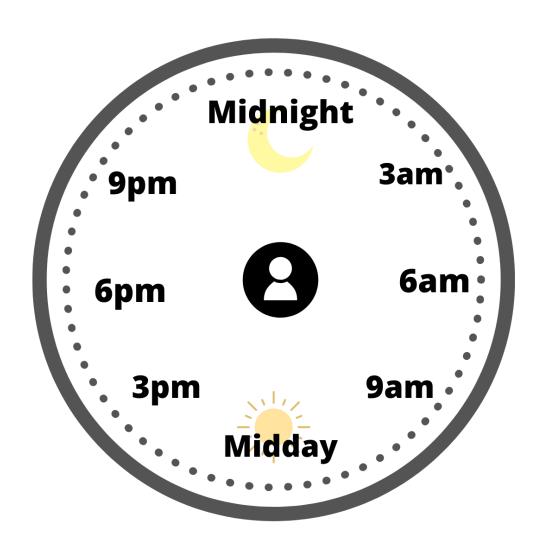
24-Hour Clock

Use the blank clock below to track your daily routines e.g. sleep and waking times, mealtimes, medication, exercise, etc.



www.essentiallifeskills.org