

# Morning

7am | wake up  
potty  
activity: walk  
breakfast and water  
Potty  
nap time

9am | potty  
activity: play time  
water  
potty  
nap time



# Afternoon

12pm | activity: training  
lunch and water  
potty  
nap time

3pm | potty  
activity: play time  
water  
potty  
nap time



# Evening

6pm | potty  
activity: walk  
dinner and water  
potty  
nap time

9pm | potty  
activity: training  
water  
last potty of the night  
bedtime