

# JAMES CHECKLIST NUMBER 2

Small drink means take a sip of a drink	4pm	4.30pm	5pm	5.30pm	6pm	6.30pm	7pm	7.30pm	8pm	8.30pm
<b>MON</b> Put ticks in boxes after checking >>	Have a small drink ✓	Have a small drink ✓	Have a small drink ✓	Have a small drink ✓	Have a small drink ✓	Have a small drink ✓				
<b>TUES</b>	Have a small drink	Have a small drink	Have a small drink	Have a small drink	Have a small drink	Have a small drink				
<b>WED</b>	Have a small drink	Have a small drink	Have a small drink	Have a small drink	Have a small drink	Have a small drink				
<b>THUR</b>	Have a small drink	Have a small drink	Have a small drink	Have a small drink	Have a small drink	Have a small drink				
<b>FRI</b>	Have a small drink	Have a small drink	Have a small drink	Have a small drink	Have a small drink	Have a small drink				