

DayAnchor

The Weekly Schedule Builder

A gentle, printable routine for the week — pills, meals, calls, and the small things that make a day feel steady. Fill it in once, stick it on the fridge, and let the rhythm do the remembering.

How to build a routine that sticks

1. **Start with the anchors.** Write in the things that already happen at the same time most days — waking, meals, bedtime. These hold the rest of the day in place.
2. **Add the daily reminders.** Slot in morning and evening pills, a glass of water, any drops or routines. Tie them to an anchor ("with breakfast") so they're easy to remember.
3. **Add the good-for-you moments.** A short walk, a favorite show, a call to family, time outside. A routine isn't only chores — it's the nice parts too.
4. **Keep it realistic.** Three or four reliable items beat a packed page no one follows. You can always add more later.
5. **Put it where it's seen.** The fridge, a bedside table, next to the favorite chair. Then set the same reminders on the phone as a gentle backup.

Filled-in example — here's what a calm morning might look like. Yours will be different, and that's exactly right.

Time	Monday	Tuesday	Wednesday
Morning 7–10 am	Breakfast + morning pills Short walk	Breakfast + morning pills Call Sarah	Breakfast + morning pills Tidy & water plants
Midday 11–2 pm	Lunch Rest / reading	Lunch Grocery trip	Lunch Favorite show
Evening 5–9 pm	Dinner Evening pills	Dinner Evening pills	Dinner Evening pills

Your week — fill this in

Write lightly in pencil so you can adjust as you go. Print a fresh copy whenever the routine changes.

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning 7–10 am							
Midday 11–2 pm							
Afternoon 2–5 pm							
Evening 5–9 pm							

Make it effortless: once the routine feels right on paper, set the same gentle reminders on the phone so nothing depends on remembering to look. That's exactly what DayAnchor does.

Let the phone carry the routine for you.

DayAnchor turns this weekly plan into calm, friendly reminders built for older adults — pills, meals, and calls, without anyone feeling watched.

Free to try · [dayanchor.app](#)