	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
時間 Time	星期一	星期二	星期三	星期四	星期五	星期六	星期日
6:00-6:30	Maid wake up - wash face, brush teeth and prepare breakfast.						Off
6:30-7:00	Assit patient to wake up - wash face, brush teeth and clean the body						
7:00-7:30	1.assist the patient go to stool/urine 1.assist the patient put on clothes 2. blood measure / diabetes measure and take picture to their son or daughter 2. mengukur takanan darah / kada diabetes dan ambil foto ke putra atau putrinya. 3. take medicine 3. Minum obat						
7:30-8:00	1. massage the patient 2. make the bed						
8:00-8:30	1. prepare patient's breakfast 2. feed patient (breakfast) 3. assist patient to take medicine						
8:30-9:30	1. accompany patient to take a walk after breakfast 2. assist the patient to do light excerise						
9:30-11:30	1. wash clothes, boil water 2. dust and clean the house 3. clean the bathroom 4. tidy up the bedrooms 5. go to market						
11:30-12:30	1. prepare lunch						
12:30-13:00	1. feed the patient 2. let the patient take medicine						
13:00-13:30	clean the kitchen and dining room						
13:30-15:00	lunch break						
15:00-16:30	1. message the patient 2. take the patient for a walk 3. assist patient to do proper exercise						
16:30 - 17:00	collect the dry clothes, fold and put them into wardrobe						
17:00-18:00	prepare for dinner						
18:00-18:30	feed the patient assist the patient to take medicine						
18:30-19:00	tidy up the dining room and kitchen						
19:00-19:30	1. asist patient to take a shower 2. asist patient to change to pajamas						
19:30-20:00	1. asist patient to go to bed 2. turn his body and clap on his back gently 2. blood measure / diabetes measure and take picture to their son or daughter 2. mengukur takanan darah / kada diabetes dan ambil foto ke putra atau putrinya. 3. take medicine 3. Minum obat						
20:30-06:00	take a bath and rest for the day						