

Day to Day

September 21, 2015

I get two questions that boogle me, 'what do you do with your time' and 'you look so good.' I don't believe I have a lot of extra time and MS must make me look better.

6:30 AM Make School lunches

7:15 AM Take pills (batch one)

7:30 AM Drive kids to school

8:30 AM Chiroprator

9:30 AM Take pills (batch two)

10:00 AM Physical Therapy

11:00 AM Grocery

12:30 PM Mow backyard or frontyard (I have a ¼ Acre lot and a push mower, so back one day, front the next)

2:00 PM Garden

3:00 PM Pickup kids from school

5:00 PM Make dinner

6:15 PM Take pills (batch three)

9:30 PM Take pills (batch four)

9:30 on, insomnia

I need to write down where I need to be, cognition is sometimes a problem, but a little planning is good.

My concerns are the normal ones. In addition, I need to spend time wondering what I could have done or what I will do. When I write this down, it looks daunting, (especially on 3 hrs of sleep.) I don't believe I am alone, but my daily routine is rather HUGE. (I little Trump there.) This schedule is typical. In addition to scheduled items, I need to exercise my brain.