

The 30-Day Calendar & Weekly Rhythm

Your daily spine. One clear focus a day, cross-referenced to exactly the document you need — so you're never deciding what to work on at 7am.

Document 1 of 7

Open this every morning



HOW TO READ EACH ROW BELOW

1. Find **today's day number** in the leftmost column.
2. Read the **Focus** — that's the one thing this system is asking of you today.
3. Check **Uses** — it tells you exactly which other document to open. Everything else can wait.

Consistent daily and weekly structure is one of the more reliably supported strategies for reducing the mental load of transitions and building lasting routines^{[1][11]}. This calendar is that structure — not a rigid script, but a rhythm you can pick back up even after a missed day.

Days 1 – 7

DAY	FOCUS	USES
1	Baseline check — rate all six areas 1-5	Doc 7
2	Put the plate formula on autopilot — plan tomorrow's 3 meals tonight	Doc 2
3	Add your first daily communication moment (breakfast choice-making)	Doc 3
4	Try today's food-chaining step with one new food	Doc 2
5	Add a second communication moment (dressing)	Doc 3
6	Start the wind-down sequence tonight, wherever bedtime currently is	Doc 5
7	Week 1 review — fill in this week's tracker	Doc 7



WHAT THIS WEEK IS BUILDING

A daily habit of checking this calendar, plus the two lowest-effort wins (meal planning, one communication moment) that make every later week easier. See Document 0, Week 1, for the full picture.

Days 8 – 15

DAY	FOCUS	USES
8	Introduce the 10-20-5 movement-then-focus rhythm	Doc 4
9	Build your calm corner (10 minutes, things you already own)	Doc 4
10	Try one heavy-work activity before a known hard transition	Doc 4
11	Communication Rung 2 – expand one word into two, all day	Doc 3
12	Rotate in 2 new meals from the 10-day rotation	Doc 2
13	Use the calm corner proactively, before the trigger, not after	Doc 4
14	Print and start using the morning visual routine card	Doc 6
15	Week 2 review – fill in this week's tracker	Doc 7



WHAT THIS WEEK IS BUILDING

Real tools for movement and sensory regulation, now that meal planning and one communication habit are already running quietly in the background. See Document 0, Week 2, for the full picture.

Days 16 – 22

DAY	FOCUS	USES
16	Identify your household's biggest bedtime stall point	Doc 5
17	Fix stall point – screens off 45-60 min before the routine	Doc 5
18	Fix stall point – room environment (light, noise, temperature)	Doc 5
19	Communication Rung 3 – descriptive language modeling begins	Doc 3
20	Try 2 new steps on the picky-eating food-chaining ladder	Doc 2
21	Add the bedtime visual routine card to the wind-down sequence	Doc 6
22	Week 3 review + wrap up your 3-night sleep log	Doc 7



WHAT THIS WEEK IS BUILDING

A calmer, more consistent bedtime, tackled one stall point at a time rather than all at once. See Document 0, Week 3, for the full picture.

Days 23 – 30

DAY	FOCUS	USES
23	Add the after-school visual routine card	Doc 6
24	Communication Rung 4 – encourage independent requesting	Doc 3
25	Let your child choose today's movement activity	Doc 4
26	Let your child help prep one meal from the rotation	Doc 2
27	Review calm-corner use this month – adjust the object list	Doc 4
28	Confirm the wind-down routine holds with fewer reminders	Doc 5
29	Fill in the appointment-prep sheet ahead of your next visit	Doc 7
30	Full month review – complete your one-page family plan	Doc 7



MISSED A DAY? HERE'S THE RULE

Pick up on today's date, not where you left off. A consistent rhythm resumed beats a "perfect" sequence chased from the beginning – the goal is the pattern, not a perfect streak.

Sources for this guide: [1] CDC – Behavior Therapy First for Young Children with ADHD · [11] Steinbrenner et al., Evidence-Based Practices for Children, Youth, and Young Adults with Autism (2020). Full list of 19 references in Document 0 – Start Here.