

Morning Routine

Routine 1

Check

Say "Alexa..." followed by:

What's in the news?

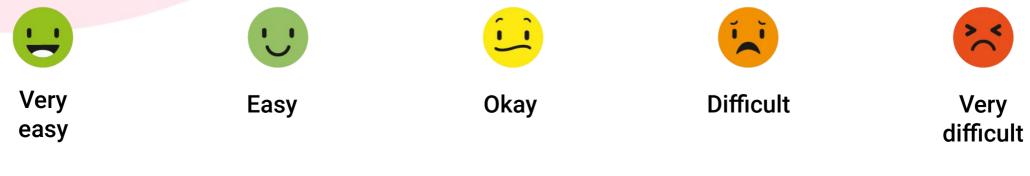
What's today's weather ?

What's in my calendar today?

Remind me to buy [**milk**] at the supermarket.

Play [Classic FM]

How did you find this task? (please circle)



Meal Times



Routine 2

Check

Say "Alexa..." followed by:

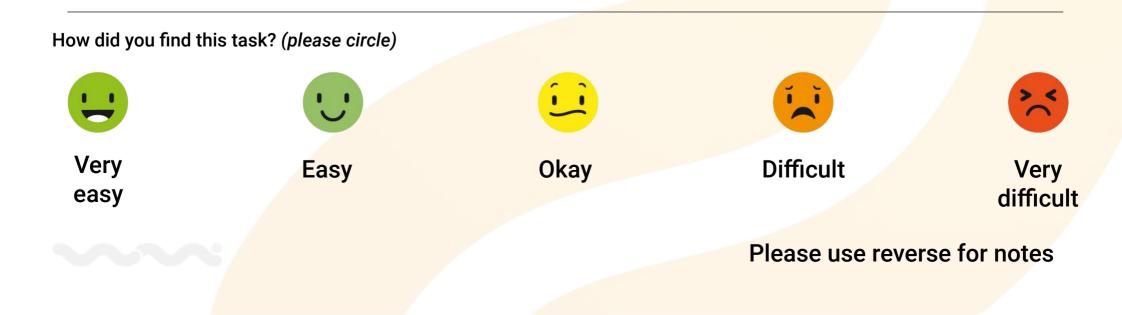
How do I make [french toast]?

Remind me to turn the cooker off in 20 minutes

How many calories are in an [egg]?

How long do I need to cook [chicken]?

How many grams are there in [3] ounces ?





Health and Fitness

Routine 3

Say "Alexa..." followed by:

Open 'Chair Workout'

How do I eat healthily?

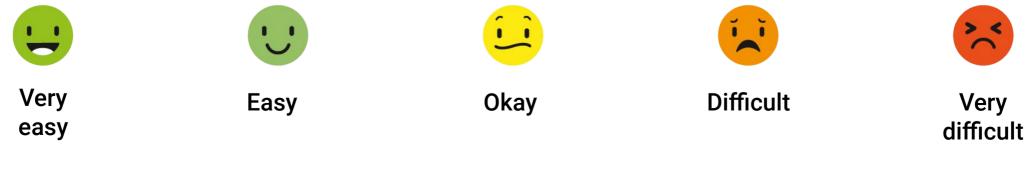
How do I treat a [headache]?

Remind me to take my tablets at [9:00am] everyday.

Open 'Mindful Breathing'

Check

How did you find this task? (please circle)





Relaxation time



Routine 4

Check

Say "Alexa..." followed by:

Open 'Virtual Vacation'

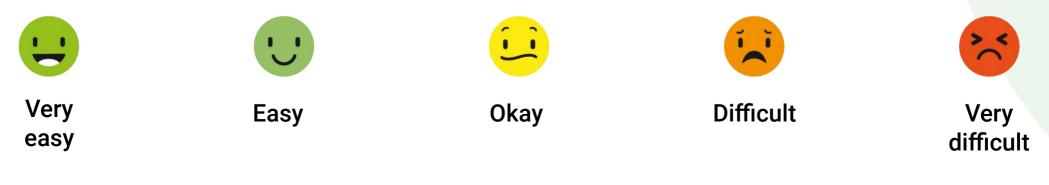
Play 'Spa Music'

Begin 'Park Walk'

Open 'Stress Relief Music'

Open 'Healing Sounds'

How did you find this task? (please circle)



Entertainment



Routine 5

Check

Say "Alexa..." followed by:

What's on [BBC1] tonight ?

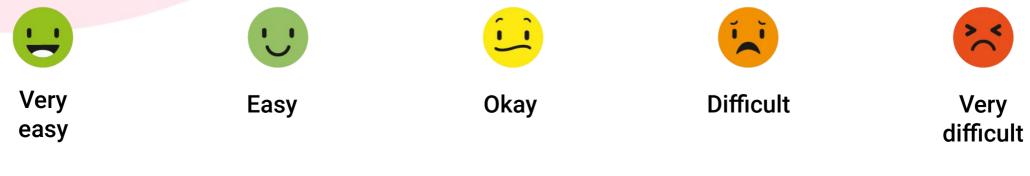
Open 'Tongue Twisters'

I'm Bored, what can I do?

Question of the day

Play [cat videos] on Youtube

How did you find this task? (please circle)



Evening routine



Routine 6

Check

Say "Alexa..." followed by:

Set an alarm for [7:00am] tomorrow

Set a [7:00am] alarm for every weekday

What's on my calendar tomorrow?

What time will the sun rise in the morning?

Good night!

How did you find this task? (please circle)

