1. **A routine is an activity or event that occurs:**
2. Sporadically
3. Rarely
4. Regularly
5. Daily
6. **Which of the following is an activity for which there is a routine?**
7. Watching television
8. Getting ready in the morning
9. Walking
10. Choosing a movie
11. **When performing a routine, which steps should you complete?**
12. The steps in the routine you prefer to do
13. All of the steps in the routine
14. At least the first step
15. Most of the steps
16. **Using routines increases your:**
17. Dependence
18. Accuracy
19. Challenges
20. Independence
21. **The first step to developing a routine is:**
22. Completing the activity and see how it goes
23. Forming a habit
24. Making a list of steps necessary to complete the activity
25. Repeating the activity over and over
26. **When setting up a list of steps you should:**
27. Do it on your own
28. Not worry about forgetting small steps
29. Try out the steps to make sure you did not forget anything
30. Use someone else's steps
31. **The goal of establishing a routine is:**
32. Forming a habit
33. Make things more challenging
34. Be inflexible
35. Be unpredictable