

-----'s Daily Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
Wake up and eat breakfast					
Take a shower and get dressed					
Chores					
Check email and school assignments					
Do a fun activity					
Do 30 minutes of schoolwork					
Get exercise					
Do 30 minutes of schoolwork					
Eat lunch and take a break					
Do 30 minutes of school work					
Do a fun activity/exercise					
Do 30 minutes of schoolwork					
Write a note about your day/feelings					
Eat dinner					
Do a relaxing activity					
Complete bedtime routine					