

MY DAILY SCHEDULE

- student version -

- 7:30-8:30 Wake up, make bed,
eat breakfast, get ready
- 8:30-9:00 Learning time 1
- 9:30-10:00 Break
- 10:00-10:30 Learning time 2
- 10:30-11:00 Break
- 11:00-11:30 Learning time 3
- 11:30-12:15 Lunch
- 12:15-1:15 Learning time 4
- 1:15-1:45 Break
- 1:45-2:15 Learning time 5
- 2:15-2:45 Break
- 2:45-3:15 Learning time 6
- 3:15-3:30 Submit any last questions
or assignments
- 3:30-5:30 Free time!
- 5:30-7:00 Help with dinner & chores
- 7:00-9:00 Family time & bed

To-Do List

Upcoming Tests & Due Dates

Chores & Responsibilities

Break + Free Time Activities

- | | | | |
|--------------------|--------------|----------------------------|---------------------|
| Walk the dog | Make a snack | Bake cookies | Take a walk |
| Check social media | Music | Find a new recipe for | Make a vision board |
| Video Games | Journal | dinner | Have a picnic |
| Read | Dance | Write a letter to a friend | Play outside |
| Go for a run | Play sports | or family member | Talk on the phone |
| FaceTime a friend | Yoga | Help a sibling with school | Watch TV/a movie |

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10:30-10:45 Snack Break

10:45-12:00 School Time

12:00-1:00 Lunch

1:00-3:30 Free Time

3:30-5:00 Chores & Personal

To-Do List

5:00-7:00 Help with dinner

7:00-9:00 Free/Family Time

9:00 Bed

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Check social media

Video Games

Read

Go for a run

FaceTime a friend

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Music

Journal

Dance

Play sports

Yoga

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Find a new recipe for
dinner

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or family member

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