



Daily Schedule

Name:

7:00 AM	
8:00 AM	
9:00 AM	
10:00 AM	
11:00 AM	
12:00 PM	
1:00 PM	
2:00 PM	
3:00 PM	
4:00 PM	
5:00 PM	
6:00 PM	
7:00 PM	
8:00 PM	
9:00 PM	
10:00 PM	

- Schedule Suggestions**
- Breakfast
 - Lunch
 - Dinner
 - Get ready for day
 - Brush teeth
 - Play outside
 - Free time
 - Arts/Crafts
 - Lego Building
 - 15 min. pick-up
 - Chores
 - Screen time (30 min.)
 - Journal
 - Call/Facetime
 - Read
 - Family Time
 - Go for a walk
 - Practice something
 - School Time
 - Go to bed
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Today I need to:

Today I want to:

I will help others by:

Tomorrow I will: