

WEEKDAY SCHEDULE

- 6:00** Wake, Quiet Time, Home Exercise (yoga, treadmill, etc)
- 7:30** Shower, Breakfast
- 8:30** Work & School Time
- 10:30** Break - Free Time
- 11:00** Work & School Time (or extended Free Time)
- Noon** Lunch
- 1:00** Home Project/Chores
- 2:00** Work & School Time (or extended home project time)
- 3:30** Outside Activity/Exercise
- 4:30** Free Time/Enrichment Time
- 5:30** Dinner, Couchtime, Facetime
- 6:30** Family Fun
- 8:30** Read, Bedtime

WEEKEND SCHEDULE

- 6:00** Wake, Quiet Time, Home Exercise (yoga, treadmill, etc)
- 7:30** Shower, Breakfast
- 8:30** Home Projects/Chores/Homework
- 10:30** Outside Activity/Exercise
- Noon** Lunch/Couchtime
- 1:00** Free Time/Home Projects/Enrichment Time
- 3:30** Family Fun
- 5:00** Dinner
- 6:00** Free Time/Family Fun/Enrichment Time
- 8:30** Read, Bedtime

*Remember to limit screentime as much as possible!