

Sample Schedule

Time	Activity	Details
9:00	Wake-up	
9:15	Morning Routine	Shower, get dressed, eat breakfast , complete chores
10:30	School work	
12:00	Social time	Connect with friends
1:00	Lunch	
1:30	Outside	Walk the dog, soak in the sun, yard work,
2:30	School work	
4:00	Activity	Video games, work on a craft, cook, physical activity (bike, yoga, run, etc)
5:30	Dinner	Help prep dinner, eat as a family, clean dishes together
7:00	Free time	Connect with friends, learn something new, redecorate room, play a game with family, finish remaining school work
10:00	Technology Away	Unplug all devices and return to storage spot
10:05	Night Time Routine	Read a book, take a bath, night time routine
11:00	Bed	