

DAILY

SCHEDULE

BEFORE 9AM	WAKE UP	Eat breakfast, make your bed, get dressed
9-10AM	MORNING WALK	Get outside, walk the dog or do yoga if it's raining
10-11AM	ACADEMIC TIME	Limit electronics; Do make-up work, read ahead, review flash cards
11-12PM	CREATIVE TIME	Hobbies - draw, listen to music, puzzles, bake
12PM	LUNCH	
12:30PM	CHORE TIME	Clean your room, do laundry, dishes, vaccuum
1-2PM	QUIET TIME	Nap, puzzles, journal, Calm/Headspace app
2-4PM	ACADEMIC TIME	Electronics ok - check teacher websites, TED Talks, tour college/career
4-5PM	OUTSIDE TIME	Take a break outside, bike, run, sit with music
5-6PM	FREE TIME	
6-8PM	DINNER	Consider a balanced meal and take a shower/relaxing bath
8-10PM	FREE TIME	Watch TV, social media sites, contact a friend by video or phone
11PM	BEDTIME	