



My Super Schedule

8 AM	3 PM	<p>Rise & Shine!</p> <p>What is the first thing you will do as you wake up to start your day off right?</p> <p>Stretch Journal Play Exercise</p>	<p>Care & Share!</p> <p>How can you spend quality time with your family and loved ones?</p> <p>Watch Movies Play a Game Family Meal</p>
9 AM	4 PM	<p>Be Active!</p> <p>How will you get your body active and moving today?</p> <p>Play Dance Go Walk Do Yoga</p>	<p>Read & Relax!</p> <p>How can you create your very own moment of Zen Today?</p> <p>Read books Write Meditate Draw</p>
10 AM	5 PM	<p>Fuel Your Body!</p> <p>What healthy foods will you eat today in order to keep your body strong?</p> <p>Main Meals Snacks Drink Water Cook</p>	<p>Stay Clean & Healthy!</p> <p>How can you keep yourself feeling clean and refreshed today?</p> <p>Shower Clean Room Laundry Brush Teeth</p>
11 AM	6 PM	<p>Get Curious!</p> <p>What something new you can teach yourself today?</p> <p>Schoolwork Language Experiments Instrument</p>	<p>Catch Some Z's</p> <p>How can you make sure you get the best night's sleep tonight?</p> <p>Make Bed Do Routine Nap No Screens</p>
12 AM	7 PM		
1 PM	8 PM		
2 PM	9 PM		

A schedule can help you make sure that you are staying balanced, sticking to a healthy routine, and taking good care of yourself. Use this tool to plan out your day. Do your best to include one activity of each category. The examples are there to help!

By: Wojtalewicz/Barthlow

Directions

1. Print out document above or create with paper and pencil.
2. Keep track of your daily routine.
3. Upon completion of the activity, reflect on your scheduling choices and ponder how you can make your day more productive and balanced.
4. This a tool for students to use at home. This does not need to be submitted.