

My Daily Schedule

WRITE THE TIME · CHECK THE DAY

Name _____ Week of _____



Morning

Mon Tue Wed Thu Fri

_____ Wake up & make bed ☐ ☐ ☐ ☐ ☐

_____ Shower or wash ☐ ☐ ☐ ☐ ☐

_____ Dress & breakfast ☐ ☐ ☐ ☐ ☐

_____ Teeth, bag, out the door ☐ ☐ ☐ ☐ ☐



After school

Mon Tue Wed Thu Fri

_____ Unpack lunch box ☐ ☐ ☐ ☐ ☐

_____ Snack ☐ ☐ ☐ ☐ ☐

_____ Homework ☐ ☐ ☐ ☐ ☐

_____ Chore of the day ☐ ☐ ☐ ☐ ☐

_____ Free time / sport ☐ ☐ ☐ ☐ ☐



Evening

Mon Tue Wed Thu Fri

_____ Help with dinner ☐ ☐ ☐ ☐ ☐

_____ Clothes ready for tomorrow ☐ ☐ ☐ ☐ ☐

_____ Shower & teeth ☐ ☐ ☐ ☐ ☐

_____ Read, then lights out ☐ ☐ ☐ ☐ ☐