

Sample Daily Summer Schedule

You have flexibility in finishing all of these items...but the all need to be complete

		M	Tu	W	Th	F	Sa	Su
Out of Bed	Between ____ and ____							
Feed // Water Pets	Before you eat your breakfast please!							
Breakfast	Eat at a reasonable time! Make healthy choices!							
Morning Chores	<input type="checkbox"/> Clean up from breakfast <input type="checkbox"/> Put any dishes away // empty dishwasher <input type="checkbox"/> Straighten bed // bedroom <input type="checkbox"/> Get cleaned up and brush teeth							
No Screen time or electronics until all of the above are complete!								
Read (30 minutes minimum)	No TV on or electronics present while reading							
Lunch (12p-1:30p)	<input type="checkbox"/> Eat an actual lunch at a reasonable time <input type="checkbox"/> Clean up from lunch - this includes washing dishes or putting them in the dishwasher							
Outside (1 hr minimum)	<input type="checkbox"/> Walk <input type="checkbox"/> _____ <input type="checkbox"/> _____							
Hobbies (1 hr minimum)	<input type="checkbox"/> Puzzles // Cards // Games <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Listen to Audible or a Podcast							
Exercise (1 hr minimum)	<input type="checkbox"/> Run/Bike <input type="checkbox"/> _____ <input type="checkbox"/> _____							
Screen time // TV time	Day time - ____ hour(s)							
Feed // Water Pets	Before dinner							
Chores throughout the day	See list of chores							
Dinner	<input type="checkbox"/> Prep and Cook ____ times per week							
Screen time // TV time	Evening - ____ hour(s)							
Evening Clean-up	<input type="checkbox"/> Clean up from dinner if not cooking <input type="checkbox"/> General pick up from around house							
Electronics Off at ____ pm	Off, and charging outside of bedroom							
Bed time at ____ pm	Can read in bed until ____ pm							