

Daily Schedule

Morning	Get up	Eat breakfast
	Check phone	Shower/Get ready
	Watch motivational YouTube video	Morning workout sesh
School	Eat a snack	Eat lunch
After School	Eat a snack	Practice / Training
	Homework	Check phone
Evening	Eat dinner	Family time
	Check phone	Homework
	Videogames	Watch TV
Night	Check phone	Read
	Watch TV	