

COVID-19 Weekday Schedule For Teens and Tweens

© Teen Take 30

By 8:30am	Wake Up
9:15-10:00	Morning Fresh Air
10:00-10:30	Chores
10:30-12:00pm	Academic Learning
12:00-12:30	Lunch
12:30-1:30	Talents and Goals
1:30-3:00	Academic Learning
3:00-3:30	Take a Break
3:30-4:30	Afternoon Fresh Air
4:30-5:00	Reading
5:00-6:00	Dinner
6:00-7:00	Family Time
7:00-9:00	Free Time
9:00-10:00pm	Bedtime