

My Plans for the Day

Name: _____

Date: _____

Schedule:

6:00 _____

6:30 _____

7:00 _____

7:30 _____

8:00 _____

8:30 _____

9:00 _____

9:30 _____

10:00 _____

10:30 _____

11:00 _____

11:30 _____

12:00 _____

12:30 _____

1:00 _____

1:30 _____

2:00 _____

2:30 _____

3:00 _____

3:30 _____

4:00 _____

4:30 _____

5:00 _____

5:30 _____

6:00 _____

6:30 _____

7:00 _____

7:30 _____

8:00 _____

8:30 _____

9:00 _____

9:30 _____

What I need to do:

Things to add to your schedule:

- Wake up time
- Meals / Snacks
- Outside time
- Physical activity
- School Work / Educational
- Creative work (art / music / reading / baking / cooking / etc.)
- Helping around the house
- Bed Time

Things I can do to help:

- Dishes
- Laundry
- Clean my room
- Play room cleaning
- Help make a meal
- Take out the recycling
- Take out the trash

What I ate & Drank:

Breakfast: _____

Lunch: _____

Snacks: _____

Water (circle / bottle): * * * *

Journal: (write about the best things of the day and things you are thankful for)
