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| --- | --- | --- |
| **Before 9am** | **Wake-up & breakfast** |  |
| **9am – 10am** | **Morning walk** |  |
| **10am – 11am** | **Academic time** |  |
| **11am – 12pm** | **Creative time** |  |
| **12pm – 12:30pm** | **Lunch** |  |
| **12:30pm** | **Chore time** |  |
| **1pm – 2:30pm** | **Quiet time** |  |
| **2:30pm – 4pm** | **Academic time** |  |
| **4pm – 5pm** | **Afternoon fresh air** |  |
| **5pm – 6pm** | **Dinner** |  |
| **6pm – 8pm** | **Free time & bedtime** |  |



**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_’s**

**DAILY SCHEDULE**

**Fill in the schedule below to help you stay on track!**