



08:00 - 09:00	Exercise
09:00 - 10:30	School work
10:30 - 11:00	Snack break
11:00 - 12:30	School work
12:30 - 13:30	
13:30 - 14:00	School work
14:00 - 16:00	Free Play
16:00 - 17:00	Exercise/Chores
17:00 - 18:00	Bath time/Play
18:00 - 19:00	Dinner/Story
19:00 -	

Example of chart (remember to take small 5 minute movement breaks every 20 minutes when covering school tasks)



08:00 - 09:00	
09:00 - 10:30	
10:30 - 11:00	
11:00 - 12:30	
12:30 - 13:30	LUNCH
13:30 - 14:00	
14:00 - 16:00	
16:00 - 17:00	
17:00 - 18:00	
18:00 - 19:00	
19:00 -	SLEEP