



BEFORE & AFTER SCHOOL SCHEDULE

MEALS

BREAKFAST

LUNCH

DINNER

SNACKS

WATER
PER 8 OZ. GLASS



NOTES

BRAIN BREAKS & EXERCISE

MORNING SCHEDULE

6:00

6:30

7:00

7:30

8:00

8:30

9:00

SCHOOL HOURS

AFTERNOON SCHEDULE

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

10:00

10:30

TO DO LIST

SCHOOL WORK