

MEALS

BREAKFAST

LUNCH

DINNER

SNACKS

WATER Per 8 OZ. Glass 0000

NOTES

BRAIN BREAKS & EXERCISE

BEFORE & AFTER SCHOOL SCHEDULE

MORNING SCHEDULE

6:30

7:00

6:00

7:30

8:00

8:30

9:00

SCHOOL HOURS

AFTERNOON SCHEDULE

3:00

3:30

4:00

4:30 5:00

5:30

0.00

6:00

6:30

7:00

7:30

8:00

8:30

9:00

9:30

10:00

10:30

SCHOOL WORK

TO DO LIST

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