

# WEEKLY SCHEDULE

EXAMPLE  
TEMPLATE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-08:00	Wash and get dressed	Wash and get dressed	Wash and get dressed	Wash and get dressed	Wash and get dressed	Wake up, wash, get dressed, eat breakfast and brush teeth, as well as stripping your bed and putting it into wash	Wake up, wash, get dressed, eat breakfast and brush teeth
08:00-09:00	Eat breakfast and brush teeth	Eat breakfast and brush teeth	Eat breakfast and brush teeth	Eat breakfast and brush teeth	Eat breakfast and brush teeth		
09:00-10:00	Complete schoolwork or learning activities, with a morning break	Complete schoolwork or learning activities, with a morning break	Complete schoolwork or learning activities, with a morning Fbreak <small>* time - speak to friends, watch TV etc</small>	Complete schoolwork or learning activities, with a morning break	Complete schoolwork or learning activities, with a morning break	Go on a family walk	Do some baking
10:00-11:00							
11:00-12:00							
12:00-13:00	Eat lunch	Eat lunch	Eat lunch	Eat lunch	Eat lunch	Eat lunch	Eat lunch
13:00-14:00	Complete schoolwork or learning activities	Complete schoolwork or learning activities	Complete schoolwork or learning activities	Complete schoolwork or learning activities	Complete schoolwork or learning activities	Free time - speak to your friends, watch TV, complete a puzzle, do some colouring etc	Go cycling or do exercise at home
14:00-15:00							
15:00-16:00	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Help to make dinner	Free time - speak to your friends, watch TV, complete a puzzle, do some colouring etc
16:00-17:00	Go for a walk	Go for a cycle	Complete a P.E class	Go for a walk	Complete a P.E class		
17:00-18:00	Set the table and eat dinner	Eat dinner and help to clean up	Set the table and eat dinner	Eat dinner and help to clean up	Set the table and eat dinner		
18:00-19:00	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Eat dinner	Eat dinner and help to clean up
19:00-20:00	Wind down activity, e.g. reading a book	Wind down activity, e.g. reading a book	Wind down activity, e.g. reading a book	Wind down activity, e.g. reading a book	Watch a film together as a family	Watch a film together as a family	Wind down activity, e.g. reading a book
20:00-21:00	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed			Get ready for bed

This planner belongs to:

Elizabeth