

Schedule Example #1

Daily Routine (Schedule)

Time	Activity	Goals	Progress Notes
2:00 - 3:00	Time Outside	<ul style="list-style-type: none"> • go for a walk 	<ul style="list-style-type: none"> • rode bike instead
3:00 - 4:00	English	<ul style="list-style-type: none"> • finish & post paragraph • begin next assignment 	<ul style="list-style-type: none"> • done, handed in • started, needs more work
4:00 - 4:15	Break	<ul style="list-style-type: none"> • have a snack 	
5:15 - 6:15	Science	<ul style="list-style-type: none"> • • 	<ul style="list-style-type: none"> • •
6:15 - 7:00	Dinner		
7:00 - 8:00	Social Time	<ul style="list-style-type: none"> • visit with friends online 	
8:00 - 9:00	Math	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •

Schedule Example #2

Daily Routine (Schedule)

Activity	Time	Goals	Progress Notes
Breakfast & Organization	8:30 - 9:30	<ul style="list-style-type: none"> • be ready to work by 9:30 	✓
Humanities	9:30 - 10:15	<ul style="list-style-type: none"> • finish & post paragraph • begin next assignment 	<ul style="list-style-type: none"> • •
Break	10:15 - 10:45	<ul style="list-style-type: none"> • go for a walk 	✓
Science	11:00 - 12:00	<ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> •
Lunch	12:00 - 12:30		