



8:30 Eat breakfast, get dressed
9:00 Empty dishwasher, pick up, help with laundry, check with mom
9:30 SCREEN TIME
10:00 Play outside, work on a project, play a game
12:00 Lunch
1:00 Go on an outing
4:00 Practice, read, quiet time
5:00 Help cook dinner, set the table
7:00 Watch TV
8:00 Take a bath
9:00 Read a book
9:30 Lights out!

Need to make some changes? Click here to easily edit this list: www.thetripclip.com