To Do Schedule

Practice Day

**\_\_:\_\_ Wake up**

**\_\_:\_\_ to \_\_:\_\_ Get dressed**

**\_\_:\_\_ to \_\_:\_\_ Get ready (appearance wise)**

**\_\_:\_\_ to \_\_:\_\_ Make and eat a healthy breakfast**

**\_\_:\_\_ to \_\_:\_\_ Brush Teeth**

**\_\_:\_\_ to \_\_:\_\_ Spend a few minutes on phone till school**

**\_\_:\_\_ Leave for school**

**\_\_:\_\_ Arrive at school**

**\_\_:\_\_ to \_\_:\_\_ School day**

**\_\_:\_\_ to \_\_:\_\_ Get ready for practice**

**\_\_:\_\_ to \_\_:\_\_ Go to practice**

**\_\_:\_\_ to \_\_:\_\_ Go home**

**\_\_:\_\_ to \_\_:\_\_ Eat a snack**

**\_\_:\_\_ to \_\_:\_\_ Take a shower**

**\_\_:\_\_ to \_\_:\_\_ Homework**

**\_\_:\_\_ to \_\_:\_\_ Eat dinner**

**\_\_:\_\_ to \_\_:\_\_ Finish homework**

**\_\_:\_\_ to \_\_:\_\_ Socialize (video games, facetime, texting)**

**\_\_:\_\_ to \_\_:\_\_ Get ready for bed**

**\_\_:\_\_ to \_\_:\_\_ Relax**

**\_\_:\_\_ Go to sleep**

**To Do Schedule**

**Off Day**

**\_\_:\_\_ Wake up**

**\_\_:\_\_ to \_\_:\_\_ Take a shower**

**\_\_:\_\_ to \_\_:\_\_ Get dressed**

**\_\_:\_\_ to \_\_:\_\_ Get ready (appearance wise)**

**\_\_:\_\_ to \_\_:\_\_ Make and eat a healthy breakfast**

**\_\_:\_\_ to \_\_:\_\_ Brush Teeth**

**\_\_:\_\_ to \_\_:\_\_ Spend a few minutes on phone till school**

**\_\_:\_\_ Leave for school**

**\_\_:\_\_ Arrive at school**

**\_\_:\_\_ to \_\_:\_\_ School day**

**\_\_:\_\_ to \_\_:\_\_ Drive home**

**\_\_:\_\_ to \_\_:\_\_ Eat a snack**

**\_\_:\_\_ to \_\_:\_\_ Homework (try to finish half now)**

**\_\_:\_\_ to \_\_:\_\_ Chores**

**\_\_:\_\_ to \_\_:\_\_ Exercise (a walk is good)**

**\_\_:\_\_ to \_\_:\_\_ Watch TV**

**\_\_:\_\_ to \_\_:\_\_ Eat a fulfilling dinner**

**\_\_:\_\_ to \_\_:\_\_ Finish homework**

**\_\_:\_\_ to \_\_:\_\_ Socialize with family or friends**

**\_\_:\_\_ to \_\_:\_\_ Get ready for bed**

**\_\_:\_\_ Go to bed**

**To Do Plan**

**Work Day**

**\_\_:\_\_ Wake up**

**\_\_:\_\_ to \_\_:\_\_ Take a shower**

**\_\_:\_\_ to \_\_:\_\_ Get dressed**

**\_\_:\_\_ to \_\_:\_\_ Get ready (appearance wise)**

**\_\_:\_\_ to \_\_:\_\_ Make and eat a healthy breakfast**

**\_\_:\_\_ to \_\_:\_\_ Brush Teeth**

**\_\_:\_\_ to \_\_:\_\_ Spend a few minutes on phone till school**

**\_\_:\_\_ Leave for school**

**\_\_:\_\_ Arrive at school**

**\_\_:\_\_ to \_\_:\_\_ School day**

**\_\_:\_\_ to \_\_:\_\_ Drive home**

**\_\_:\_\_ to \_\_:\_\_ Eat a snack**

**\_\_:\_\_ to \_\_:\_\_ Homework**

**\_\_:\_\_ to \_\_:\_\_ Get ready for work**

**\_\_:\_\_ to \_\_:\_\_ Drive to work**

**\_\_:\_\_ to \_\_:\_\_ Work**

**\_\_:\_\_ to \_\_:\_\_ Drive home**

**\_\_:\_\_ to \_\_:\_\_ Get into comfortable clothes**

**\_\_:\_\_ to \_\_:\_\_ Eat dinner or snack**

**\_\_:\_\_ to \_\_:\_\_ Finish homework**

**\_\_:\_\_ to \_\_:\_\_ Relax and go to bed**

**\* Recommended 7 to 9 hours of sleep, but that can be hard. Try your best. You're doing great :) \***

**To Do Schedule**

**Game Day**

**\_\_:\_\_ Wake up**

**\_\_:\_\_ to \_\_:\_\_ Get dressed**

**\_\_:\_\_ to \_\_:\_\_ Get ready (appearance wise)**

**\_\_:\_\_ to \_\_:\_\_ Make and eat a healthy breakfast**

**\_\_:\_\_ to \_\_:\_\_ Brush Teeth**

**\_\_:\_\_ to \_\_:\_\_ Spend a few minutes on phone till school**

**\_\_:\_\_ Leave for school**

**\_\_:\_\_ Arrive at school**

**\_\_:\_\_ to \_\_:\_\_ School day**

**\_\_:\_\_ to \_\_:\_\_ Get ready for the game (going home?)**

**\_\_:\_\_ to \_\_:\_\_ Get on bus**

**\_\_:\_\_ to \_\_:\_\_ Game**

**\_\_:\_\_ to \_\_:\_\_ Ride home**

**\_\_:\_\_ to \_\_:\_\_ Go home**

**\_\_:\_\_ to \_\_:\_\_ Shower**

**\_\_:\_\_ to \_\_:\_\_ Eat dinner**

**\_\_:\_\_ to \_\_:\_\_ Homework**

**\_\_:\_\_ to \_\_:\_\_ Relax**

**\_\_:\_\_ to \_\_:\_\_ Get ready for bed**

**\_\_:\_\_ Go to bed**

**\* Recommended 7-9 hours of sleep at night. You're doing great :) \***