



	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
Town !	9:30 Lights out!

You can easily edit this list at www.thetripclip.com