



MY SUPER SCHEDULE

A schedule can help you make sure that you are staying balanced, sticking to a healthy routine, and taking good care of yourself. Use this tool to plan out your day. Do your best to include one activity of each category. The examples are there to help!

7AM		3PM	
8AM		4PM	
9AM		5PM	
10AM		6PM	
11AM		7PM	
12PM		8PM	
1PM		9PM	
2PM		10PM	

Rise & Shine!

What is the first thing you will do as you wake up to start your day off right?

- ✓ Stretch
- ✓ Journal
- ✓ Play Music
- ✓ Exercise

Care & Share!

How can you spend quality time with your family and loved ones?

- ✓ Talk
- ✓ Watch Movies
- ✓ Play A Game
- ✓ Family Meal

Be Active!

How will you get your body active and moving today?

- ✓ Play
- ✓ Dance
- ✓ Go Walk
- ✓ Do Yoga

Read & Relax.

How can you create your very own moment of Zen today?

- ✓ Read Books
- ✓ Write
- ✓ Meditate
- ✓ Draw/Paint

Fuel Your Body!

What healthy foods will you eat today in order to keep your body strong?

- ✓ Main Meals
- ✓ Drink Water
- ✓ Snacks
- ✓ Cook

Stay Clean & Healthy!

How can you keep yourself feeling clean and refreshed today?

- ✓ Shower
- ✓ Clean Room
- ✓ Do Laundry
- ✓ Brush Teeth

Get Curious!

What something new that you can you teach yourself today?

- ✓ Schoolwork
- ✓ Language
- ✓ Experiments
- ✓ Instrument

Catch Some Z's

How can you make sure you get the best night's sleep tonight?

- ✓ Make Bed
- ✓ Nap
- ✓ No Screens
- ✓ Do Routine