

General Schedule

- **Morning (9-11 am)**
 - School work
- **Early afternoon (11 am-12:30 pm)**
 - Eat lunch
 - Connect with a friend or answer texts
- **Afternoon (1-3 pm)**
 - Finish school work
 - Creative time
- **Late afternoon (3-6 pm)**
 - Chores
 - Exercise
 - Relax
- **Evening**
 - Family time