

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

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

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**

:) *

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**