









# DAILY SCHEDULE TEMPLATE I

| Activity | Done |
|----------|------|
|          |      |
|          |      |
|          |      |
|          |      |
|          |      |
|          |      |





# DAILY SCHEDULE EXAMPLE

| Activity                                                                                                         | Done |
|------------------------------------------------------------------------------------------------------------------|------|
|  <b>Wake Up</b>                 |      |
|  <b>Brush Teeth</b>             |      |
|  <b>Get Dressed</b>             |      |
|  <b>Eat Breakfast</b>         |      |
|  <b>Read (30 minutes)</b>     |      |
|  <b>Exercise (30 minutes)</b> |      |

