

Name \_\_\_\_\_

## My Daily Routine

**Early Morning** (suggested time 8am - 10 am)


**Mid-Morning** (suggested time 10 am - noon)


**Early Afternoon** (suggested time noon - 2 pm)


**Afternoon** (suggested time 2 pm - 5 pm)


**Evening** (suggested time 5 pm - 8 pm)


**Lights Out / Bedtime:**



Hygiene

Breakfast



Lunch

Dinner

Reading



Spending time with  
Family & Friends

Journaling

Watching TV

Listening to Music



Home Exercises

Yoga / Dance /  
Movement



Playing Games / Cards

Relaxation Apps

Coloring

Drawing

Arts & Crafts

School Work

