

# Everyday Speech Make-Your-Own Schedule

Activities by Everyday  Speech

Use this Make-Your-Own Schedule template to plan out your day!

Fill in the schedule with the cut-out activities **OR** write down your own ideas in any order you wish. Check the completed boxes to keep track of the activities throughout the day.

## MAKE-YOUR-OWN SCHEDULE

**MORNING ROUTINE**

**Morning Activities**

Activity	Completed	Completed
Reading	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Exercise	<input checked="" type="checkbox"/>	<input type="checkbox"/>
finish 10 math questions	<input checked="" type="checkbox"/>	<input type="checkbox"/>

**LUNCH TIME**

**Afternoon Activities**

Activity	Completed	Completed
Research a topic	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Play music	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Help out with dinner	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Clean a room	<input type="checkbox"/>	<input type="checkbox"/>
walk the dog	<input type="checkbox"/>	<input checked="" type="checkbox"/>

**DINNER TIME**

**Evening Activities**

Activity	Completed	Completed
Help out with chores	<input type="checkbox"/>	<input type="checkbox"/>
Play Monopoly with family	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>

**BEDTIME ROUTINE**

# MAKE-YOUR-OWN SCHEDULE

## MORNING ROUTINE

### Morning Activities

Completed

Completed

## LUNCH TIME

### Afternoon Activities

Completed

Completed

## DINNER TIME

### Evening Activities

Completed

Completed

## BEDTIME ROUTINE

**Cut out the activity idea boxes to create and plan your own schedule, or use these ideas as inspiration to come up with your own activities!**

### **MORNING ACTIVITIES**

Reading	School work
Exercise	Drawing
Make or build something	Writing
Spend time in nature	Make a detailed To Do list

### **AFTERNOON ACTIVITY**

Play music	Clean a room
Help with dinner	Do your favorite hobby
Research a topic	Go for a walk
Nap	Try something new

### **EVENING ACTIVITY**

Family Read Aloud	Help out with chores
Take a bath	Relax and meditate
Plan out your next day	Play a game with Family
Reflect on your day	Write in Journal