

# Name

## Weekday Checklist (high schooler)

- Breakfast and get dressed
- 9:00 All work assigned by school (about 3 hours)

*If none is assigned, parent could assign*

- Reading (30 min-1 hour)
- Math lesson or test prep math (1 hour)
- Writing or ACT/SAT prep (30 min) – write ½ page about what you read (30 min)

{Lunch/Recess/Break 12-1}

- Finish schoolwork or study an area of interest (guitar, driving, art, etc.) (1 hour)
- Chore(Life Skills) – ex. Clean up kitchen, help with dinner, watch younger sibling (30 min- 1 hr)

~ 3:00 - once all work is done & checked off → FREE time!

Outside time, (+ some amount of phones, screen time, etc.)

Bedtime - listen to family Read Aloud or read own book (30 min)