

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