**New Daily Schedule**

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| Before 9:00 | Wake Up | Eat Breakfast, make bed, get dressed |
| 9:00 – 10:00 | Morning Workout | Walk, lift, video workout, yoga |
| 10:00 – 11:00 | Academic Time | No electronics, school books, reading, journaling, etc. |
| 11:00 – 12:00 | Creative Time | Coloring, play music, cook, break, etc. |
| 12:00 | Lunch |  |
| 12:30 | Chore Time | Clean up lunch, do daily chore, wipe down bathrooms |
| 1:00 – 2:30 | Quiet Time | Reading, puzzles, color, nap, etc. |
| 2:30 – 4:00 | Academic Time | Electronics OK – computer, educational games, etc. |
| 4:00 – 5:00 | Afternoon Fresh Air | Bikes, walk dog, play outside |
| 5:00 – 6:30 | Dinner |  |
| 6:30 – 9:00 | Free TV/ Electronic Time | Kids Shower |
| 9:00 | Bedtime |  |