



Coronavirus survival daily schedule!

	Morning Routine	Done
	Make bed	
	Brush teeth	
	Get dressed	
	Help making breakfast	
	Eat breakfast	
	Load dishwasher	
	Family walk	
	Reading __ min	
	Creative time __min	

You earned __min technology time

	Daytime Routine	Done
	Help with lunch preparations	
	Eat lunch	
	Unload dishwasher	
	Daily chore	
	Family dance	
	Journal writing __min	
	Math practice__ min	
	Creative time __min	
	Family game __ min	

You earned ___ min technology time

	Evening Routine	Done
	Help with dinner preparations	
	Eat dinner	
	Load dishwasher	
	Family walk	
	Family movie/karaoke	
	Shower/bath	
	Brush teeth	
	Reading __ min	
	Light off _____	

Sweet Dreams from www.YourOT.com