

# Weekly Planner (Example template)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
07:00-08:00	Wash and get dressed	Wash and get dressed	Wash and get dressed	Wash and get dressed	Wash and get dressed	Wake up, wash, get dressed, eat breakfast and brush teeth, as well as stripping your bed and putting it into wash	Wake up, wash, get dressed, eat breakfast and brush teeth
08:00-09:00	Eat breakfast and brush teeth	Eat breakfast and brush teeth	Eat breakfast and brush teeth	Eat breakfast and brush teeth	Eat breakfast and brush teeth		
09:00-10:00	Complete schoolwork or learning activities, with a morning break	Complete schoolwork or learning activities, with a morning break	Complete schoolwork or learning activities, with a morning break	Complete schoolwork or learning activities, with a morning break	Complete schoolwork or learning activities, with a morning break		
10:00-11:00						Go on a family walk	Do some baking
11:00-12:00	Eat lunch	Eat lunch	Eat lunch	Eat lunch	Eat lunch		
12:00-13:00						Complete schoolwork or learning activities	Complete schoolwork or learning activities
13:00-14:00	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc		
14:00-15:00						Go for a walk	Go for a cycle
15:00-16:00	Set the table and eat dinner	Eat dinner and help to clean up	Set the table and eat dinner	Eat dinner and help to clean up	Set the table and eat dinner		
16:00-17:00						Free time - speak to friends, watch TV etc	Free time - speak to friends, watch TV etc
17:00-18:00	Wind down activity, e.g. reading a book	Wind down activity, e.g. reading a book	Wind down activity, e.g. reading a book	Wind down activity, e.g. reading a book	Watch a film together as a family		
18:00-19:00						Get ready for bed	Get ready for bed
19:00-20:00	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed	Get ready for bed		
20:00-21:00						Get ready for bed	Get ready for bed

This planner belongs to: **ELIZABETH**