

Morning	S	M	Τ	W	Th	F	S
		Н		Н	Н	Н	Н
	H	Н	Н	Н	Н	Н	Н
		Ħ	b	Н	Ц	Ħ	Ц
	H	Н	Н	Н	Н	Н	Н
After School	S	M	Τ	W	Th	F	S
				H			



Evening	S			<u>F</u>	
	Ш				
				Ш	



Morning	S	М	Т	W	Th	F	S
Make Bed							
Get Dressed							
Brush Hair							
Eat a Healthy Breakfast Brush Teeth							
Make Lunch							
Put Homework in Backpack							

After School	S	М	T	W	Th	F	S
Eat a Healthy Snack							
Do Homework							
Get Ready for Extracurriculars							
Do Chores							
Physical Exercise "Move your body!"							

Evening	S	М	Т	W	Th	F	S
Set out clothes for morning							
Wash Face							
Brush Teeth							
Read for at least 30 minutes							
No screen time 1 hour prior to bed							