EXAMPLE

MY WEEKLY

Week of: 4 to 10 March

Study Timetable

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	Breakfast, pack bag	Breakfast, pack bag	Breakfast, pack bag	Breakfast, pack bag	Breakfast, pack bag	Sleep in	Sleep in
8am	School	School	School	School	School	Breakfast	Breakfast
9am						Sport	Bike ride
10am							
11am						Revise maths 30 min	Visit family
12pm						Lunch	
1pm						Family time	Lunch
2pm							
3pm	Snack + break	Snack + break	Snack + break	Snack + break	Snack + break		Drawing
4pm	Maths homework	Spelling words	Science project	Times tables	Free time		
5pm	Outdoor play	Outdoor play	Outdoor play	Outdoor play	Outdoor play		Plan next week
6pm	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
7pm	Reading 20 min	Reading 20 min	Reading 20 min	Reading 20 min	Reading 20 min	Reading 20 min	Reading 20 min
8pm	Shower, get ready for bed	Shower, get ready for bed	Shower, get ready for bed	Shower, get ready for bed	Shower, get ready for bed	Movie night	Get ready for bed
9pm	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep	Sleep
10pm							

To Do List

- ☆ Library book back (Tue)
- ☆ Spelling test (Fri)
- ☆ Pack PE kit (Wed)
- ☆ Sign school note
- ☆
- ☆
- ☆
- ☆

Top 3 Priorities

1. Finish science project
2. Practise times tables
3. Read 5 nights

Notes

If sport runs late on Thursday, do times tables before bed instead.

Key: School · Homework · Reading · Active play · Meals & routines · Family time · Sleep