



How to Stay Healthy

DAILY SCHEDULE

Below are ideas to add to your schedule. You are welcome to add things to your schedule that are not in the ideas list.

- Sleeping
- Eating
- Exercise
- Watching TV
- Family Time
- Playing with Friends
- Relaxing
- Doing Homework
- Reading
- Being Creative
- Chores
- Practice
- Using Technology
- School



Time of Day	Activity	Possible Change