



Weekday Planner

Having your teen keep a checklist of the day's activities can be a great way to establish and reinforce a sense of routine throughout his or her day.

WHO SHOULD USE THIS TOOL?

The Weekday Planner is meant to be filled out by your teen.

HOW SHOULD IT BE USED?

Print out a copy of the Weekday Planner for your teen at the beginning of each week, and help him or her fill it out. It should be updated daily and used to record and track all activities that are scheduled or reoccurring regularly.

Make sure your teen keeps it somewhere safe but accessible. Make it his or her responsibility to update the Weekday Planner frequently.

Weekday Planner

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	<input type="checkbox"/> Breakfast <input type="checkbox"/> Pack up for school <input type="checkbox"/> Take medication <input type="checkbox"/> _____	<input type="checkbox"/> Breakfast <input type="checkbox"/> Pack up for school <input type="checkbox"/> Take medication <input type="checkbox"/> _____	<input type="checkbox"/> Breakfast <input type="checkbox"/> Pack up for school <input type="checkbox"/> Take medication <input type="checkbox"/> _____	<input type="checkbox"/> Breakfast <input type="checkbox"/> Pack up for school <input type="checkbox"/> Take medication <input type="checkbox"/> _____	<input type="checkbox"/> Breakfast <input type="checkbox"/> Pack up for school <input type="checkbox"/> Take medication <input type="checkbox"/> _____
School	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Books for homework	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Books for homework	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Books for homework	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Books for homework	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Books for homework
After School	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____
Evening	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Homework <input type="checkbox"/> Dinner <input type="checkbox"/> Lay out clothes for Tues. <input type="checkbox"/> Brush teeth	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Homework <input type="checkbox"/> Dinner <input type="checkbox"/> Lay out clothes for Weds. <input type="checkbox"/> Brush teeth	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Homework <input type="checkbox"/> Dinner <input type="checkbox"/> Lay out clothes for Thurs. <input type="checkbox"/> Brush teeth	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Homework <input type="checkbox"/> Dinner <input type="checkbox"/> Lay out clothes for Fri. <input type="checkbox"/> Brush teeth	<input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> _____ <input type="checkbox"/> Dinner <input type="checkbox"/> Brush teeth