



Weekday Planner

Having your child 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 child.

HOW SHOULD IT BE USED?

Print out a copy of the Weekday Planner for your child 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 child 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 |