

Make your

# Daily Schedule

Work for you

Create photographic or written schedules



Utilize Timers to stay on track

Use Now/Next or First/Then Schedules



Make check boxes or cross off lists

Review/Update Schedule Often



Consider a reinforcement system  
(EX. Points system or reward system)

# Daily Schedule Example

**7-8am** Wake up/Eat Breakfast/Screen time

**8-9am** Morning Walk

**9-10am** Structured Leisure Activity

**10 -11am** Reading

**11-12pm** Academics or Work Practice

**12-1pm** Make lunch/Eat/Clean up

**1-2pm** Chores

**2-3pm** Gross Motor Play

**3-4pm** Independent Leisure

**4-5pm** Cook Dinner Together

**5-6pm** Eat/ Clean up after dinner

**6-7pm** Family Activity