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| --- | --- | --- | --- | --- | --- |
|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Read****(20 minutes or more)** |  |  |  |  |  |
| **Move Your Body****(2 X 30 minutes or more)** |  |  |  |  |  |
| **Healthy Snack & Mental Break** | **Snack/Water** | **Snack/Water** | **Snack/Water** | **Snack/Water** | **Snack/Water** |
| **Math(20 minutes or more)** |  |  |  |  |  |
| **Lunch** | **Healthy Foods** | **Healthy Foods** | **Healthy Foods** | **Healthy Foods** | **Healthy Foods** |
| **Write****(20 minutes or more)** |  |  |  |  |  |
| **Healthy Snack &****Mental Break** | **Snack/Water** | **Snack/Water** | **Snack/Water** | **Snack/Water** | **Snack/Water** |
| **Get Creative(As much time as needed)** |  |  |  |  |  |
| **Science/Social/Passions****(As much time as needed)** |  |  |  |  |  |

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|  | **Monday** |
| **Read****(20 minutes or more)** |  |
| **Move Your Body****(2 X 30 minutes or more)** |  |
| **Healthy Snack & Mental Break** | **Snack/Water** |
| **Math(20 minutes or more)** |  |
| **Lunch** | **Healthy Foods** |
| **Write****(20 minutes or more)** |  |
| **Healthy Snack &****Mental Break** | **Snack/Water** |
| **Get Creative(As much time as needed)** |  |
| **Science/Social/Passions****(As much time as needed)** |  |

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|  | **Tuesday** |
| **Read****(20 minutes or more)** |  |
| **Move Your Body****(2 X 30 minutes or more)** |  |
| **Healthy Snack & Mental Break** | **Snack/Water** |
| **Math(20 minutes or more)** |  |
| **Lunch** | **Healthy Foods** |
| **Write****(20 minutes or more)** |  |
| **Healthy Snack &****Mental Break** | **Snack/Water** |
| **Get Creative(As much time as needed)** |  |
| **Science/Social/Passions****(As much time as needed)** |  |

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|  | **Wednesday** |
| **Read****(20 minutes or more)** |  |
| **Move Your Body****(2 X 30 minutes or more)** |  |
| **Healthy Snack & Mental Break** | **Snack/Water** |
| **Math(20 minutes or more)** |  |
| **Lunch** | **Healthy Foods** |
| **Write****(20 minutes or more)** |  |
| **Healthy Snack &****Mental Break** | **Snack/Water** |
| **Get Creative(As much time as needed)** |  |
| **Science/Social/Passions****(As much time as needed)** |  |

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|  | **Thursday** |
| **Read****(20 minutes or more)** |  |
| **Move Your Body****(2 X 30 minutes or more)** |  |
| **Healthy Snack & Mental Break** | **Snack/Water** |
| **Math(20 minutes or more)** |  |
| **Lunch** | **Healthy Foods** |
| **Write****(20 minutes or more)** |  |
| **Healthy Snack &****Mental Break** | **Snack/Water** |
| **Get Creative(As much time as needed)** |  |
| **Science/Social/Passions****(As much time as needed)** |  |

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|  | **Friday** |
| **Read****(20 minutes or more)** |  |
| **Move Your Body****(2 X 30 minutes or more)** |  |
| **Healthy Snack & Mental Break** | **Snack/Water** |
| **Math(20 minutes or more)** |  |
| **Lunch** | **Healthy Foods** |
| **Write****(20 minutes or more)** |  |
| **Healthy Snack &****Mental Break** | **Snack/Water** |
| **Get Creative(As much time as needed)** |  |
| **Science/Social/Passions****(As much time as needed)** |  |