|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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)** |  |

|  |  |
| --- | --- |
|  | **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)** |  |

|  |  |
| --- | --- |
|  | **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)** |  |