



# Plan Your Day

A GUIDE TO HELP YOU WIN @ HOME

## ESSENTIAL TASKS:

- AM: TIME WITH JESUS
- AM: ACADEMIC/WORK TIME
- AM: EXERCISE
- PM: LUNCH TOGETHER
- PM: ACADEMIC / WORK TIME
- PM: OUTSIDE/CREATIVE TIME
- PM: SCREEN TIME
- PM: CHORES
- PM: FAMILY FUN TIME
- PM: FAMILY WORSHIP

## BIG GOALS FOR THE DAY:

## FAMILY TIME IDEAS:

In the space provided, write down a few ideas for Family Time: