

# My Daily Schedule Worksheet



Take control of your day! Use this worksheet to plan your time so you can stay organized, get things done, and still have fun.

## Plan Your Day

Fill in each hour with what you plan to do—schoolwork, chores, lunch, or activities like sports, clubs, or volunteer work. Don't forget to set aside time for fun and relaxation too!

8 AM	
9 AM	
10 AM	
11 AM	
12 PM	
1 PM	
2 PM	
3 PM	
4 PM	
5 PM	
6 PM	
7 PM	
8 PM	
9 PM	

**Reflection Time:** At the end of the day, think about how it went: What went really well today? What could I do differently tomorrow? Did I make time for fun too?



**Motivation Boost:** Each day's a new adventure—plan it out, do your best, and make time for what makes you happy!