

MONDAY	Play/Free time	1 hour
	Screen time + snack	20-30 mins
	Chore	10-20 mins
	Boredom buster: Draw, cook, craft	Remaining time until supper
TUESDAY	Morning: Videogame time at 9:30 a.m.	1 hour
	Activity together after lunch	1 hour
	Screen time + snack	20-30 mins
	Chore	10-20 mins
	Boredom Buster: Draw, write, cook, craft, play	Until supper
WEDNESDAY	Play/Free time	1 hour
	Screen time + snack	20-30 mins
	Outside time	10 mins
	Chore	10-20 mins
	Boredom buster if time before supper	Until supper
	Yoga in evening	45-60 mins
THURSDAY	Activity together	1 hour
	Free time + snack	20-30 mins
	Chore	10-20 mins
	Boredom Buster	Until supper
FRIDAY	Chore	10-20mins
	Movie or POSSIBLE videogame time (if earned)	1-2 hours
	Boardgame in evening?	1-2 hours
EVERY DAY	Reading in morning and Wii Fit during day	20-30 mins each
	Meditation in evening	10 mins