

Daily Routine Planning Tool

STEP 1

Enter your daily priorities in the spaces to the right.
Here are a few ideas to get started:

Connecting with family and loved ones

Academic learning

Helping around the house

Creative time

Time outdoors

Healthy food choices

Exercise

Learning something new

Sleep

Reading

STEP 2

Plug your priorities into the daily schedule to create your empowered routine.

Early Morning

5:00 - 6:00 AM

6:00 - 7:00 AM

7:00 - 8:00 AM

8:00 - 9:00 AM

Late Morning

9:00 - 10:00 AM

10:00 - 11:00 AM

11:00 AM - 12:00 PM

12:00 - 1:00 PM

Afternoon

1:00 - 2:00 PM

2:00 - 3:00 PM

3:00 - 4:00 PM

4:00 - 5:00 PM

Evening

5:00 - 6:00 PM

6:00 - 7:00 PM

7:00 - 8:00 PM

8:00 - 9:00 PM

Late Night

9:00 - 10:00 PM

10:00 - 11:00 PM

11:00 - 12:00 PM