

Weekly After-School Time Map

Directions:

Color in the time-blocks you spend on homework or doing your reading in **RED**.

Color in the time-blocks you spend eating dinner or snack in **GREEN**.

Color in the time-blocks you spend doing a chore at home in **BLUE**.

Color in the time-blocks you have an extra activity (like a sports game/practice, Cub Scouts, music lesson, church, etc) **ORANGE**

Color in your free time (you can play or choose your activity) in **YELLOW**.

Draw a thick black line at the time you go to bed.

	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 - 3:30					
3:30-4:00					
4:00-4:30					
4:30-5:00					
5:00-5:30					
5:30-6:00					
6:00 - 6:30					
6:30-7:00					

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:30					
7:30-8:00					
8:00-8:30					
8:30-9:00					
9:00-9:30					
9:30-10:00					
10:00 - 10:30					
10:30 - 11:00					

