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| **Time** | **Activity** | **Expectations** |
| 9:00am | Wake-Up | 1. Brush my teeth. 2. Make my bed. 3. Breakfast |
| 10:00am | Walk or indoor exercise | Walk: Minimum of 30 minutes  Indoor Exercise options:  -Online Yoga  -WiiFit  -Apps… |
| 10:30am | Snack |  |
| 11:00am | Work Time | Social Studies  Math |
| 12:00pm | Lunch |  |
| 1:00pm | Reading |  |
| 1:30pm | Writing |  |
| 2:00pm | Break | Break Options: |
| 3:00 | Social Time | Family Game Options: |
| 4-6pm | Free Time | Free Time Options: |
| 6:00pm | Dinner |  |
| 7-9pm | (Insert Here) |  |