

NAME



Week

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast						
	Weekly Planning (5-10 min) Reading Fluency (5 min) Read and Take Notes (15-20 min)	Daily Planning (5 min) Reading Fluency (5 min) Spelling Lesson (15-20 min)	Daily Planning (5 min) Review Notes and Answer Questions (5-10 min) Spelling Lesson (10-15 min) Read and Take Notes (15-20 min)	Daily Planning (5 min) Reading Fluency (5 min) Spelling Test (10-15 min) Card Game (5-10 min) Review Notes and Answer Questions (5-10 min)	Daily Planning (5 min) Reading Fluency (5 min) Digital Field Trip (Optional)		
	Lunch						
		Brain-Body (5-10 min)	Executive Function (5-15 min)	Brain-Body (5-10 min)	Week-in-Review (5-10 min)		
	Dinner						
	Read for Fun (10-20 min)						

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	Breakfast						
	Weekly Planning (5-10 min) Reading Fluency (5 min) Read and Take Notes (15-20 min) Read for Fun (10-20 min)	Daily Planning (5 min) Reading Fluency (5 min) Spelling Lesson (15-20 min) Brain-Body (5-10 min) Read for Fun (10-20 min)	Daily Planning (5 min) Reading Fluency (5 min) Review Notes and Answer Questions (5-10 min) Spelling Lesson (10-15 min) Read and Take Notes (15-20 min) Executive Function (8-15 min) Read for Fun (10-20 min)	Daily Planning (5 min) Reading Fluency (5 min) Spelling Test (10-15 min) Review Notes and Answer Questions (5-10 min) Card Game (5-10 min) Brain-Body (5-10 min) Read for Fun (10-20 min)	Daily Planning (5 min) Reading Fluency (5 min) Digital Field Trip (Optional) Week-in-Review (5-10 min)		
	Lunch						
	Dinner						
	Read as a Family or Play a Game						

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	Breakfast						
	Weekly Planning (5-10 min)	Daily Planning (5 min)	Daily Planning (5 min)	Daily Planning (5 min)	Daily Planning (5 min)		
	Lunch						
	Reading Fluency (5 min) Read and Take Notes (15-20 min) Read for Fun (10-20 min)	Reading Fluency (5 min) Spelling Lesson (15-20 min) Brain-Body (5-10 min) Read for Fun (10-20 min)	Reading Fluency (5 min) Review Notes and Answer Questions (5-10 min) Spelling Lesson (10-15 min) Read and Take Notes (15-20 min) Executive Function (8-15 min) Read for Fun (10-20 min)	Reading Fluency (5 min) Spelling Test (10-15 min) Review Notes and Answer Questions (5-10 min) Card Game (5-10 min) Brain-Body (5-10 min) Read for Fun (10-20 min)	Reading Fluency (5 min) Digital Field Trip (Optional) Week-in-Review (5-10 min)		
	Dinner						
	Read as a Family or Play a Game						

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TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Breakfast						
	Reading Fluency (5 min) Read and Take Notes (15-20 min)	Reading Fluency (5 min) Spelling Lesson (15-20 min) Brain-Body Activities (5-10 min)	Reading Fluency (5 min) Review Notes and Answer Questions (5-10 min) Spelling Lesson (10-15 min) Read and Take Notes (15-20 min)	Reading Fluency (5 min) Spelling Test (10-15 min) Card Game (5-10 min) Review Notes and Answer Questions (5-10 min)	Reading Fluency (5 min) Digital Field Trip (Optional)		
	Lunch						
		Brain-Body (5-10 min)	Executive Function (5-15 min)	Brain-Body (5-10 min)	Week-in-Review (5-10 min)		
	Dinner						
	TUESDAY Daily Planning (5 min)	WEDNESDAY Daily Planning (5 min)	THURSDAY Daily Planning (5 min)	FRIDAY Daily Planning (5 min)	SATURDAY Daily Planning (5 min)	SUNDAY Daily Planning (5 min)	Weekly Planning (10-15 min)
	Read for Fun (10-20 min)						