



Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Making Time for Breakfast

Instructions: Make sure breakfast is part of your morning routine by using this schedule to help you manage your time. Start from the bottom by filling in the time you leave home to go to school (7:15, for example). Then work your way up, using the minutes as suggestions. If the routine on this page looks like your typical morning, hang it on your bedroom door and try to stick to it until it really does become a routine. If not, fill in the routine on the next page. **(Just make sure that “Prepare, eat breakfast” is on your list. And remember, depending on what you plan to eat, you can prepare some breakfasts the night before!)** After using the planner for a week or so, if you’re still feeling rushed, add some minutes to each thing you have to do before leaving for school and push back your times. You may need to wake up a few minutes earlier or drop something other than breakfast from the list. Planning ahead will help you feel less rushed, more organized, and ready to face the day!

### My Morning Routine

\_\_\_:\_\_\_ a.m. - Wake up

\_\_\_:\_\_\_ a.m. - Shower, get dressed (15 to 20 minutes)

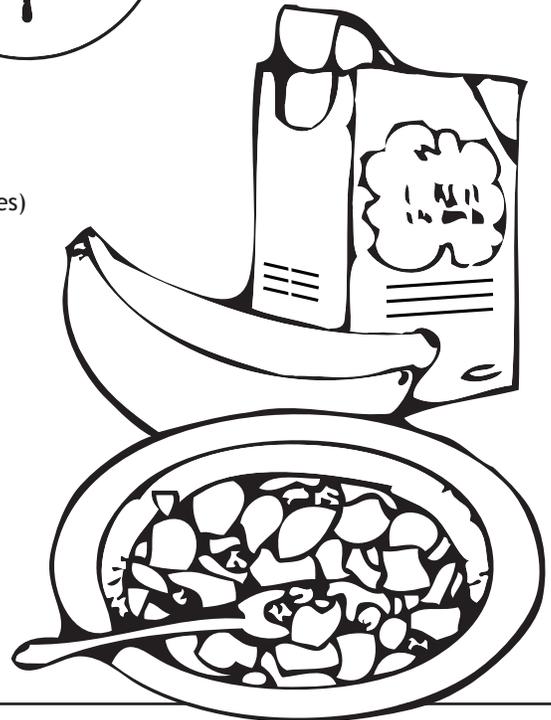
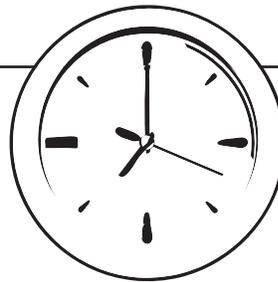
\_\_\_:\_\_\_ a.m. - Morning chore (make bed, walk dog, etc.) (10 minutes)

\_\_\_:\_\_\_ a.m. - Prepare, eat breakfast (10 to 15 minutes)

\_\_\_:\_\_\_ a.m. - Brush teeth, comb hair, etc. (10 minutes)

\_\_\_:\_\_\_ a.m. - Organize school stuff (10 minutes)

\_\_\_:\_\_\_ a.m. - Leave for school





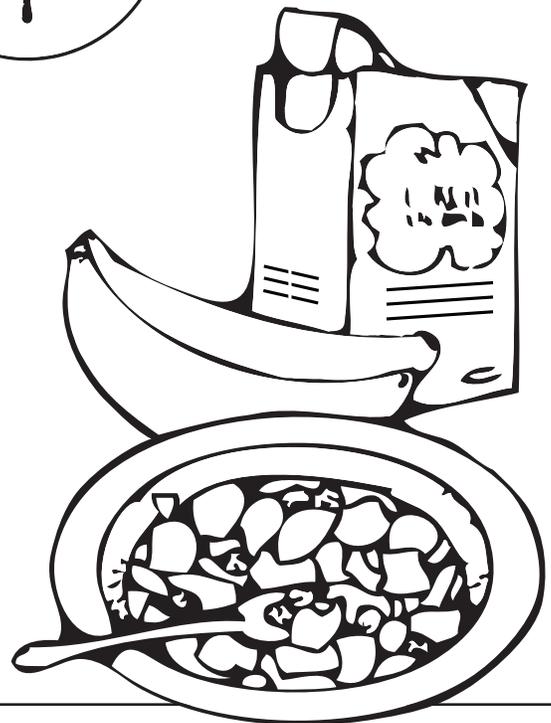
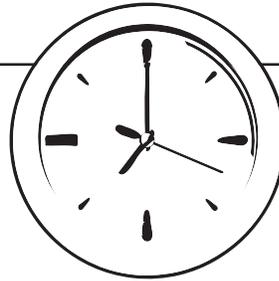
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### My Morning Routine

\_\_:\_\_ a.m. - Wake up

\_\_:\_\_ a.m. -

\_\_:\_\_ a.m. - Leave for school





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\_\_:\_\_ a.m. - Wake up

\_\_:\_\_ a.m. -

\_\_:\_\_ a.m. - Leave for school

