My Ideal Summer Day

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Instructions:

Step 1: Color the average number of hours you sleep in blue. You may also want to add one hour for bedtime and morning routines.

Step 2: Color at least one hour green for eating.

Step 3: Color the number of hours you want to exercise each day this summer yellow.

Step 4: Color the number of hours you plan to spend working (chores, etc.) or practicing a skill (instruments, sports, art, etc.) orange.

Step 5: Color the number of hours you want to spend playing outside each day red.

Step 6: Color the number of hours you want to spend reading each day purple.

Step 7: Color the number of hours you want to spend on a screen each day pink.

Step 8: How many hours are left in your day? How would you like to fill them? Write your ideas in the boxes that are left.

Bonus: Print another copy of this page to track an actual day and see how you spend your time.

Extra Bonus: Use these steps to fill in the hours in a whole week on the next page.