

Afterschool weekly planner

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
15:00-16:00	Task:	Task:	Task:	Task:	Task:	Task:	Task:
	Rating:	Rating:	Rating:	Rating:	Rating:	Rating:	Rating:
16:00-17:00							
17:00-18:00							
18:00-19:00							
19:00-20:00							
20:00-21:00							
21:00-22:00							

Afterschool ideas

- Read
- Write
- Go for a walk
- Catch up with friends/family
- Have a nice bath/shower

- Watch a documentary
- Tidy your bedroom
- Gym
- Cook a new meal
- Plan your outfit for the next day

Rating

	Good
	Okay
	Difficult