**Daily Schedule**

|  |  |
| --- | --- |
| **Time** | **Activity** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

|  |  |
| --- | --- |
| **Age** | **Length of Activity** |
|  5–8 | 10 to 15 minutes |
|  8–10 | 15 to 25 minutes |
| 10–12 | 20 to 30 minutes |
| 12–14 | 25 to 35 minutes |
| 14–18 | 30 to 50 minutes |

*Note: Delete the table to the left if you need more room for your schedule.*