

# EXAMPLE SCHOOL DAY SCHEDULE

# REMOTE SCHOOL PLANNER

Brought to you by parents for parents to have a productive day! Having a schedule for your kids to follow gives them responsibility as if being in the classroom and helps hold them accountable.



## MEAL EXAMPLES

**BREAKFAST:**  
START WITH A GOOD PROTEIN FOR HEALTH ENERGY AND BRAIN POWER. EGGS, BEANS, PEANUT BUTTER. NO SUGARS! FRUIT & YOGURT ORANGE JUICE

**LUNCH:**  
PROTEIN, FRUIT OR VEGGIES, GRAIN, SWEET SNACK, LUNCH MEAT, SOUPS, CHICKEN NUGGETS, PEANUT BUTTER & JELLY, NUTS, TRAIL MIX, YOGURT, APPLES, BANANAS, ORANGES, GRAPES, CRACKERS, MILK

**FILL YOUR WATER BOTTLE!** WATER WITH LEMON OR FRUIT.

**SNACKS**  
CHEESE CRACKERS, PRETZELS, APPLES & PEANUT BUTTER, CHIPS & SALSA, YOGURT, POPSICLES

**VIRTUAL LUNCH TABLES**  
use FaceTime or Zoom to chat with your friends over lunch!

**7AM - WAKE UP**  
eat BREAKFAST

**7:30 - GET READY!**  
BRUSH TEETH & HAIR.  
GET DRESSED

**8AM - LOGIN**  
LISTEN, ASK, LEARN

**LUNCH TIME!**  
SIT OUTSIDE & STRETCH

**BACK TO LOGIN**  
FINAL PUSH, WORK HARD!

**AFTER SCHOOL**  
TAKE A TECH BREAK!  
GET OUTSIDE AND TAKE 3 BIG DEEP BREATHS!

**DINNER**  
TALK ABOUT YOUR DAY

## EMERGENCY CONTACT LIST

Police department:

Fire department:

In the event of an emergency please call

**911** Immediately!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
LUNCH					
SNACK					
DINNER					



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