SCHOOL DAY SCHEDULE 7AM - WAKE UP Eat BREAKFAST 7:30 - GET READY! GET DRESSED 8AM - LOGIN LISTEN, ASK, LEARN LUNCH TIME!

BRUSH TEETH & HAIR.

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

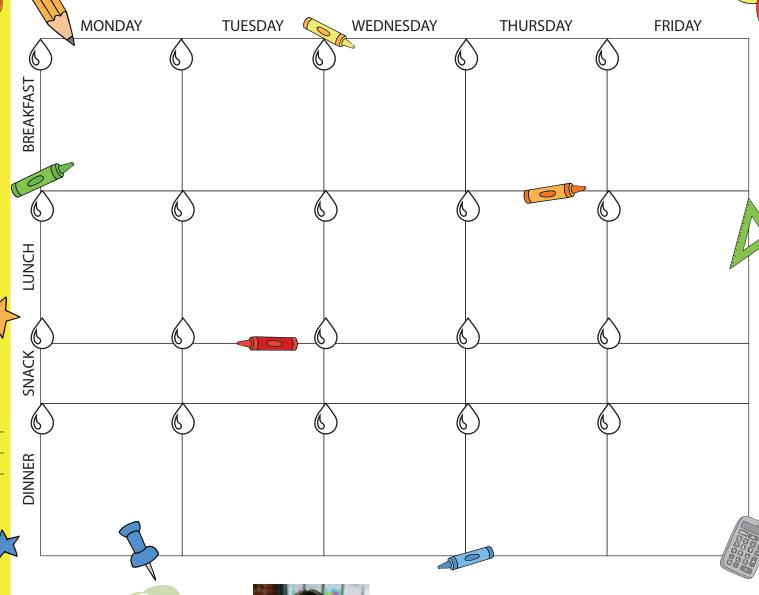
Police Department:

Fire Department:

In the event of an emergency please call 911 Immediately!

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 TUICE

LUNCH:

PROTEIN, FRUIT OR VEGGIES, GRAIN, SWEET SNACK, LUNCH MEAT, SOUPS, CHICKEN NUGGETS, PEANUT BUTTER & TELLY, 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 with your friends over lunch!



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