



Sample Daily Schedule, High School

Finding a daily routine can be a challenge. Below is an example of a daily schedule to help you and your student work together to build a schedule that will work BEST for you!



8:00 AM - 8:30 AM	Wake, move your body, eat breakfast. Turn on your computer and check email and Canvas inbox.
9:00 AM -12:00 PM	Attend live classes; work on coursework in between live classes
12:00 PM -12:30 PM	LUNCH! Take a break.
12:30 PM - 3:00 PM	Attend live classes; work on coursework in between live classes
3:00 PM - 3:30 PM	Complete all work that was not completed throughout the day.
<i>*If necessary or desired, you may use time in the evening or early morning to complete assignments as well!</i>	

