




Your daily schedule!

	TIME	ACTIVITY	NOTES
MORNING			
AFTERNOON			
EVENING			

Cut out these activities, pick, choose and place on your daily schedule

ACTIVITIES

 Wake up	 Wake up	 Wake up
 Bed time	 Bed time	 Bed time
 Breakfast	 Breakfast	 Breakfast
 Morning tea break	 Morning tea break	 Morning tea break
 Afternoon tea break	 Afternoon tea break	 Afternoon tea break
 Lunch	 Lunch	 Lunch
 Dinner	 Dinner	 Dinner
 Creative time	 Creative time	 Creative time
 Health & Wellbeing	 Health & Wellbeing	 Health & Wellbeing
 Quiet time	 Quiet time	 Quiet time
 Free time	 Free time	 Free time
 Family time	 Family time	 Family time
 Challenge time	 Challenge time	 Challenge time
 Coaching/Workshops	 Coaching/Workshops	 Coaching/Workshops
 Therapy	 Therapy	 Therapy

Your daily schedule!

	TIME	ACTIVITY	NOTES
MORNING	7:30-8:00am	 Wake up	Time to get up! Start the day right by getting dressed and making your bed!
	8:00-8:30am	 Breakfast	For yummy breakfast ideas go to cerebralpalsy.org.au/cpaathome
	8:30-10:00am	 Challenge time	Jump online and get started with your school work
	10:00-10:30am	 Morning tea break	Time for a break! You might like to take a walk outside or send a friend a text
	10:30-12:00pm	 Creative time	Art, crafts, baking, gaming...chill with some creative time
AFTERNOON	12:00-12:30pm	 Lunch	What's your favourite lunch? Instead of sandwiches or leftover dinner, check out some ideas at cerebralpalsy.org.au/cpaathome
	12:30-1:30pm	 Quiet time	Time to chill! Grab a puzzle, a book, YouTube videos. Recharge for an arvo of Challenge!
	1:30-3:00pm	 Challenge time	Missed any school work from the morning? Now's the time to catch up!
	3:00-3:30pm	 Afternoon tea break	What've your friends and family been up to today? Send your bestie a message or give them a call
	3:30-4:30pm	 Health & Wellbeing	Session with CPA Exercise Physiologist through CPA Telepractice
EVENING	4:30-6:00pm	 Coaching/Workshops	Coaching session with your CPA Youth Coach through CPA Telepractice
	6:00-7:00pm	 Dinner	Wanna help out in the kitchen? For some dinner ideas go to cerebralpalsy.org.au/cpaathome
	7:00-8:00pm	 Family time	Time to catch up with the family, over a game, your favourite TV show or funny YouTube videos
	8:00pm	 Bed time	What a day! Time to chill before bed Zzzz

Call us on 1300 888 378

Email us at ask@cerebralpalsy.org.au

Visit cerebralpalsy.org.au

CHALLENGE
Accepted

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CPACHALLENGER

	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING						
AFTERNOON						
EVENING						

Cut out these activities, pick, choose and place on your weekly schedule

ACTIVITIES

 Wake up	 Wake up	 Wake up	 Wake up	 Wake up	 Speech Pathology
 Bed time	 Bed time	 Bed time	 Bed time	 Bed time	 Occupational therapy
 Breakfast	 Breakfast	 Breakfast	 Breakfast	 Breakfast	 Physiotherapy
 Morning tea break	 Morning tea break	 Morning tea break	 Morning tea break	 Morning tea break	 Exercise Physiology
 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Afternoon tea break	 Coaching/Workshops
 Lunch	 Lunch	 Lunch	 Lunch	 Lunch	 Speech Pathology
 Dinner	 Dinner	 Dinner	 Dinner	 Dinner	 Occupational therapy
 Creative time	 Creative time	 Creative time	 Creative time	 Creative time	 Physiotherapy
 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Health & wellbeing	 Exercise Physiology
 Quiet time	 Quiet time	 Quiet time	 Quiet time	 Quiet time	 Coaching/Workshops
 Free time	 Free time	 Free time	 Free time	 Free time	 Speech Pathology
 Family time	 Family time	 Family time	 Family time	 Family time	 Occupational therapy
 Therapy	 Therapy	 Therapy	 Therapy	 Therapy	 Physiotherapy
 Challenge time	 Challenge time	 Challenge time	 Challenge time	 Challenge time	 Exercise Physiology
 Challenge time	 Challenge time	 Challenge time	 Challenge time	 Challenge time	 Coaching/Workshops

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	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING	7:30-8:00am	Wake up	Wake up	Wake up	Wake up	Wake up
	8:00-8:30am	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
	8:30-10:30am	Coaching/Workshops	Coaching/Workshops	Challenge time	Challenge time	Coaching/Workshops
	10:30-11:00am	Morning tea break	Morning tea break	Morning tea break	Morning tea break	Morning tea break
	11:00-12:00pm	Creative time	Creative time	Coaching/Workshops	Creative time	Coaching/Workshops
AFTERNOON	12:00-1:00pm	Lunch	Lunch	Lunch	Lunch	Lunch
	1:00-2:00pm	Quiet time	Quiet time	Quiet time	Quiet time	Quiet time
	2:00-3:00pm	Occupational therapy	Challenge time	Creative time	Physiotherapy	Challenge time
	3:00-3:30pm	Afternoon tea break	Afternoon tea break	Afternoon tea break	Afternoon tea break	Afternoon tea break
	3:30-4:30pm	Challenge time	Exercise Physiology	Challenge time	Health & wellbeing	Creative time
EVENING	4:30-6:00pm	Free time	Free time	Free time	Free time	Free time
	6:00-7:00pm	Dinner	Dinner	Dinner	Dinner	Dinner
	7:00-8:00pm	Family time	Family time	Family time	Family time	Family time
	8:00pm	Bed time	Bed time	Bed time	Bed time	Bed time