

Wake up and eat breakfast  
9 – 10am

Take a shower, 10am

Prep for English seminar, 10:30am

Attend English seminar  
11am – 12:15pm

Break for lunch/helping siblings with schoolwork  
12:15 – 1:45pm

Family walk  
1:45 – 2:30pm

Start problem set for PS11 while siblings watch TV  
2:30 – 4pm

FaceTime with Grandma  
4 – 5pm

Make and eat dinner—parent takes over with siblings @6  
5 – 6pm

Yoga in bedroom, 6pm

Prep for Ec10 lecture, 6:30pm

Watch Ec10 lecture  
7 – 8:15pm

Read for PS11  
8:15 – 9:45pm

Watch movie on Netflix Party w/blockmates  
9:45 – 11:15pm

Get ready for bed, meditate for 5 minutes, go to sleep  
11:15pm – 12am