

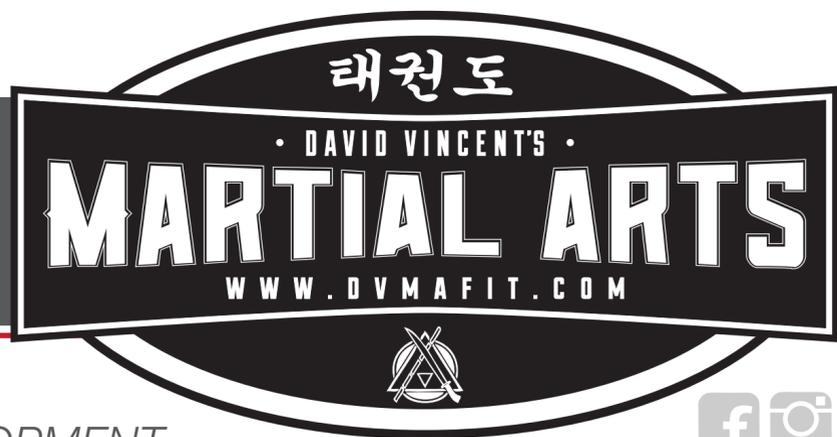
KIDS OUT OF SCHOOL DAILY SCHEDULE



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BEFORE 9:00 AM	WAKE UP	<i>Brush hair & teeth, eat breakfast, make bed, get dressed, pick up dishes & dirty clothes.</i>
9-10AM	EXERCISE	<i>Martial Arts, play outside, take a walk as a family, yoga, enjoy some movement.</i>
10-11AM	ACADEMICS	<i>School work, reading, study guide, flash cards, word and number puzzles, journal.</i>
11-NOON	CREATIVE	<i>Legos, arts & crafts, play music, gardening, oragami, cooking.</i>
NOON	LUNCH	
12:30PM	CHORES	<i>Wash dishes, wipe down countertops, tables and chairs, fold laundry.</i>
1-2PM	QUIET TIME	<i>Read, rest, take some time to recharge, quiet play.</i>
2-4PM	ACADEMICS	<i>School work, reading, study guide, flash cards, word and number puzzles, journal.</i>
4-5PM	OUTSIDE	<i>Get moving again. Play outside, bike, run, swim, walk the dog, enjoy some fresh air.</i>
5-5:30	MARTIAL ARTS	<i>Martial Arts class or at home practice, skills that will strengthen you as a martial artist.</i>
5:30PM	DINNER	
6-8PM	FREE TIME	<i>Watch TV, play on electronics, pick up any of the projects you enjoyed today.</i>

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