



Weekly Planner for Kids

How To Use This Planner

We've made this printable pretty simple to use on purpose. Let your child either guide your answers or complete it his/herself. There are three versions of the same planner: purple, orange, and a printer-friendly black. The black and white version will use the least amount of ink. Here are some basic instructions.

1. Your child's Name goes at the top (i.e. "Mary's Week" or "Billy's Week").
2. Use the "Week Of" prompt to add a start and end date for your week (i.e. Week of 8/20 to 8/26).
3. Each of the three columns can be customized.
 - a. "Today Is" allows you to start on any day of the week (We prefer Mondays).
 - b. "Today I Will" provides space for up to 4 tasks or activities. Try not to let your child overload themselves. Four is a lot when you fit in school, eating, play time and sleeping! When each task/activity is complete they get the satisfaction of checking the box.
 - c. "Today I Feel" is an opportunity to assess how the day went and prepare for the next day. Use anything you want from drawing a smiley face or heart to using stickers. We draw one to three stars, depending on our day.
4. "My Goal for the Week" allows you and your child to set a high-level goal. For example, we will use this area to track a lap goal when swimming, or set a number of minutes of online math work.
5. Use the "If I Meet My Goal I" section to plan a reward for meeting the goal above. This can be anything from a monetary reward (such as a small toy or money) to a social reward (such as a special dinner out or an hour of iPad time) or anything in between that works for your family.

's Week

Week Of _____ To _____

Today Is:	Today I Will:	Today I Feel:
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	

My Goal For This Week: _____

If I Meet My Goal I: _____

's Week

Week Of _____ To _____

Today Is:	Today I Will:	Today I Feel:
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	
	<input type="checkbox"/> <input type="checkbox"/>	

My Goal For This Week: _____

If I Meet My Goal I: _____

's Week

Week Of _____ To _____

Today Is:	Today I Will:	Today I Feel:
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>
	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>

My Goal For This Week: _____

If I Meet My Goal I: _____