

# Tips and Suggestions

2020-2021

|                                   |   |
|-----------------------------------|---|
| 6:30                              | Wake Up and Eat a Healthy Breakfast                       |
| 1 <sup>st</sup> Block             |   |
| 6:58                              | Log on to Your 1 <sup>st</sup> Block Class                |
| 7:00-8:30                         | Participate and Complete 1 <sup>st</sup> Block Activities |
| 8:30-8:33                         | Stretch and Take a Quick Break                            |
| 2 <sup>nd</sup> Block             |   |
| 8:33                              | Log on to Your 2 <sup>nd</sup> Block Class                |
| 8:35-10:05                        | Participate and Complete 2 <sup>nd</sup> Block Activities |
| 10:05-10:08                       | Stretch and Take a Quick Break                            |
| 3 <sup>rd</sup> Block             |   |
| 10:08                             | Log on to Your 3 <sup>rd</sup> Block Class                |
| 10:10-11:40                       | Participate and Complete 3 <sup>rd</sup> Block Activities |
| Eat a Healthy Lunch (11:40-12:00) |   |
| 12:00-12:25                       | Homework / Independent Study Time                         |
| 4 <sup>th</sup> Block             |   |
| 12:28                             | Log on to Your 4 <sup>th</sup> Block Class                |
| 12:30-2:00                        | Participate and Complete 4 <sup>th</sup> Block Activities |