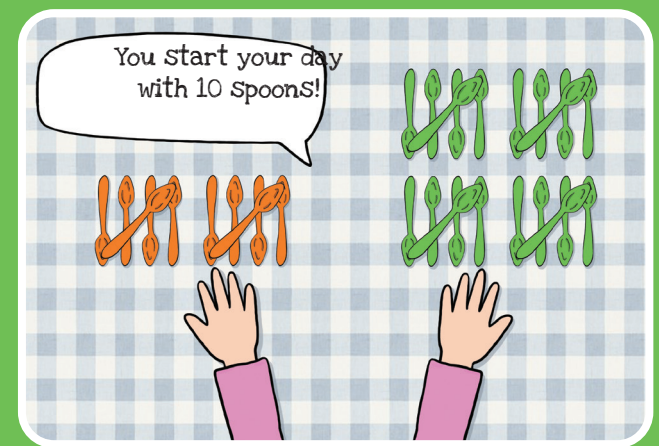


My day in Spoons!



Activity:

Get dressed

Eat breakfast

Walk to school

Lessons

Lunch

Lessons

Spoons -/+ -

9

+ -

10

- -

8

- -

6

+ -

7

- -

5

Lets be smart about how we use our energy!



Walk home

Dinner

Homework

Watch TV

- -

3

+ -

4

- -

2

- -

1

