

My Summer Plan JULY 2025

	mon	tue	wed	thu	fri	sat	sun
30		1	2	3	4	5	6
7		8	9	10	11	12	13
	11 (1) (1) (1)						

14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31	1	2	3	

August 2025

mon tue wed thu fri sat sun

	28	29	30	31	1	2	3	
	4	5	6	7	8	9	10	
5 % Å 15 Å	11	12	13	14	15	16	17	

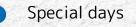


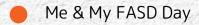
Colour code your planner! This makes it easier to see what's happening.

Planned activites



Time with family/friends





How to create your Summer plan

We created these planners for the months of July and August to help you plan your time during the summer.

We have suggestions in the magazine of how you could plan your time on days when there are planned activities, and days you have free time.

You might find it helpful to colour in boxes on the calendar on days there are plans.

We think these categories might help



You could add cut out pictures, photographs or maybe draw a picture to add visuals.

You could tick days off each night so you can see how many days of the holidays are left.

It is important to work with your household to create this planner. You should all work together.

Sometimes plans might need to change. The strategies in the magazine can help you prepare.

Do this with your family or a trusted adult



You can also do daily plans.

You can print this from the Me and My FASD website here:



My dail	y plan for
morning	all and
C2	
afternoon	Ree

Or you can draw your own on a piece of paper.

Just divide the paper into 3 rectangles - for morning, afternoon and evening.



