

“ Wake up with determination. Go to bed with satisfaction. ”

TODAY'S ENERGY LEVELS

1    2    3    4    5    6    7    8    9    10

Today is	My daily goal(s) or positive affirmation
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Today is going to be a great day

Time	Class / Personal Activity	To-do items (e.g. tasks, activities, people to contact, useful links, personal activity)

General To-Do List or Notes  -	One thing I will do TODAY for my energy/exercise
	Today, I am grateful for

Reminders:  
 10:30-12:30 (Periods 1-4) Teachers Available for Questions  
 2:30 - 4:30 (Periods 5-9) Teachers Available for Questions  
 Schedule breaks