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|  | Your Team Name Developing Habits |

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| **Daily Habits** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** | |
| 1) Make your bed. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 2) Put all dirty clothing in a laundry hamper. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 3) Eat a good breakfast. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 4) Submit all your school work that is due. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 5) Wash (or put in the dishwasher) all dishes that you used outside of meal time. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 6) Take all your “stuff” from common spaces at home to your room. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 7) Do your homework. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 8) “Unplug” for an hour in the evening. No electronics. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 9) Go to bed at a descent hour and read a book. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |
| 10) Set a real alarm clock. Leave your electronics elsewhere to charge overnight. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | 🞏 | |

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| **Weekly Habits** | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | **Done** |  |  |  |  |  |  | |
| 1) Do a chore that is not on “your” list. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 |  |  |  |  |  |  | |
| 2) Write a thank you note and mail or deliver it. (Not electronic.) | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 |  |  |  |  |  |  | |
| 3) Phone a relative (an aunt, grandfather, cousin) just to say “hello”. Leave a message if they don’t answer. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 |  |  |  |  |  |  | |
| 4) Go for a 30 minute walk and just enjoy being outside. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 |  |  |  |  |  |  | |
| 5) Do one thing ahead of time. | |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | | 🞏 |  |  |  |  |  |  | |