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|  | Your Team NameDeveloping Habits |

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| **Daily Habits** |

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| **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** | **Sun** |

 |
| 1) Make your bed. |

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 |
| 2) Put all dirty clothing in a laundry hamper. |

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 |
| 3) Eat a good breakfast. |

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 |
| 4) Submit all your school work that is due. |

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| 5) Wash (or put in the dishwasher) all dishes that you used outside of meal time. |

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 |
| 6) Take all your “stuff” from common spaces at home to your room.  |

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 |
| 7) Do your homework. |

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 |
| 8) “Unplug” for an hour in the evening. No electronics. |

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 |
| 9) Go to bed at a descent hour and read a book. |

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 |
| 10) Set a real alarm clock. Leave your electronics elsewhere to charge overnight. |

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| **Weekly Habits** |

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| **Done** |  |  |  |  |  |  |

 |
| 1) Do a chore that is not on “your” list. |

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 |
| 2) Write a thank you note and mail or deliver it. (Not electronic.) |

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 |
| 3) Phone a relative (an aunt, grandfather, cousin) just to say “hello”. Leave a message if they don’t answer. |

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 |
| 4) Go for a 30 minute walk and just enjoy being outside. |

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 |
| 5) Do one thing ahead of time. |

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