

“ 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 8-28-20	My daily goal(s) or positive affirmation To finish my work									

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)
8:30	Science	textbook
	Social studies	Google classroom
	religion	zoom
	math	video

General To-Do List or Notes -	One thing I will do TODAY for my energy/exercise Take a break Today, I am grateful for To wake up
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Reminders:
 8:00 am - 3:00 pm teachers are available via email
 Mrs. Farrand is also available: jfarrand@academystbenedict.org
 Schedule breaks

