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

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| 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, activites, people to contact, useful links, personal activity) |
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| General To-Do List or Notes | One thing I will do TODAY for my energy/exercise |
| Today, I am grateful for |

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| Reminders:  *10-Noon: Teachers Available for Questions via Email*  Schedule breaks |