

# MY WEEK

## MONDAY

Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_

## TUESDAY

Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_

## WEDNESDAY

Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_

## THURSDAY

Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_

## FRIDAY

Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_



# MY SUPER WEEK

## MONDAY

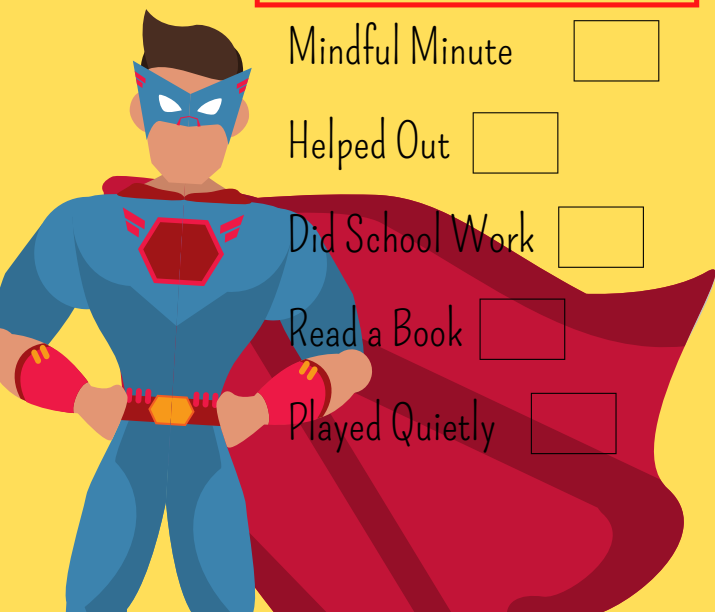
Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_

## WEDNESDAY

Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_

## FRIDAY

Mindful Minute ☐ \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_



## TUESDAY

Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_

## THURSDAY

Mindful Minute ☐ Did extra? \_\_\_\_\_  
Helped Out ☐ \_\_\_\_\_  
Did School Work ☐ \_\_\_\_\_  
Read a Book ☐ \_\_\_\_\_  
Played Quietly ☐ \_\_\_\_\_



# MY WEEK



## MONDAY

DID  
EXTRA?

MINDFUL MINUTE ☐

READ FOR 30 MINS ☐

DID SCHOOL WORK ☐

HELPED OUT AT HOME ☐

GOT EXERCISE ☐

TALKED WITH A FRIEND ☐

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## TUESDAY

DID  
EXTRA?

MINDFUL MINUTE ☐

READ FOR 30 MINS ☐

DID SCHOOL WORK ☐

HELPED OUT AT HOME ☐

GOT EXERCISE ☐

TALKED WITH A FRIEND ☐

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## WEDNESDAY

DID  
EXTRA?

MINDFUL MINUTE ☐

READ FOR 30 MINS ☐

DID SCHOOL WORK ☐

HELPED OUT AT HOME ☐

GOT EXERCISE ☐

TALKED WITH A FRIEND ☐

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## THURSDAY

DID  
EXTRA?

MINDFUL MINUTE ☐

READ FOR 30 MINS ☐

DID SCHOOL WORK ☐

HELPED OUT AT HOME ☐

GOT EXERCISE ☐

TALKED WITH A FRIEND ☐

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## FRIDAY

DID  
EXTRA?

MINDFUL MINUTE ☐

READ FOR 30 MINS ☐

DID SCHOOL WORK ☐

HELPED OUT AT HOME ☐

GOT EXERCISE ☐

TALKED WITH A FRIEND ☐

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