# MY WEEK

MUIVUAT			
Mindful Minute	Did extra?	TUESDAY	
Helped Out		Mindful Minute	Did extra?
Did School Work		Helped Out	
Read a Book		Did School Work	
Played Quietly		Read a Book	
	<u></u>	Played Quietly	
WEDNESDA  Mindful Minute	Did extra?	THUR	
Helped Out		Mindful Minute	Did extra?
Did School Work		_ Helped Out	
Read a Book		_ Did School Work	
Played Quietly		- Read a Book	
		Played Quietly	
	Mindful Minute	Did extra?	



Mindful Minute	Did extra?
Helped Out	
Did School Work	
Read a Book	

Played Quietly



### MY SUPER WEEK

MONDAY		
Mindful Minute Did extra?	TUE	SDAY
Helped Out	Mindful Minute	Did extra?
Did School Work	Helped Out	
Read a Book	Did School Work	
Played Quietly ———	Read a Book	
WEDNESDAY	Played Quietly	
Mindful Minute Did extra?	THURS	DAY
Helped Out	Mindful Minute	Did extra?
Did School Work	Helped Out	
Read a Book ———	Did School Work	
Played Quietly ————	Read a Book	
	Played Quietly	
FRIDAY		
Mindful Minute	Did extra?	
Helped Out		
Did School Work		
Read a Book		
Played Quietly		III III

## MYWEEK



DID

#### **MONDAY**

MINDFUL MINUTE READ FOR 30 MINS DID SCHOOL WORK HELPED OUT AT HOME GOT EXERCISE

TALKED WITH A FRIEND

D	ID
ЕХТ	RA?

#### **TUESDAY**

MINDFUL MINUTE EXTRA? READ FOR 30 MINS DID SCHOOL WORK HELPED OUT AT HOME GOT EXERCISE TALKED WITH A FRIEND

DID

EXTRA?



#### WEDNESDAY

MINDFUL MINUTE READ FOR 30 MINS DID SCHOOL WORK HELPED OUT AT HOME GOT EXERCISE TALKED WITH A FRIEND

### **THURSDAY**

MINDFUL MINUTE READ FOR 30 MINS DID SCHOOL WORK HELPED OUT AT HOME GOT EXERCISE

TALKED	WITH	A FRI	<b>END</b>	

DID EXTRA?

#### **FRIDAY**

MINDFUL MINUTE READ FOR 30 MINS DID SCHOOL WORK HELPED OUT AT HOME GOT EXERCISE TALKED WITH A FRIEND



DID EXTRA?



