

My New Habit

Name of new habit: _____

Old habit I'll tie it to: _____

How I'll remind myself: _____

	Did it on time	Remembered and did it later	Did it after a reminder
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Way to go! And remember, if it's not working, then it's time to problem solve. Tie it to a different habit? Make more reminders? Do it at a different time of day? Keep problem solving and you'll get there!

My Morning Checklist

Use the morning checklist in the book as a guide as you write your morning activities. Talk to your mom or dad about what order you need to do the items in your morning routine in. Then write them on this chart and put your chart where you'll be sure to see it each morning. Some kids have one copy in their bedroom or bathroom as a reminder and another copy in the kitchen to check off each morning.

Morning Activity	Mon	Tue	Wed	Thu	Fri
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

Check off each activity you've completed each morning before you leave for school. If there is something you keep forgetting to do, it's time to create reminders or change your routine. The more you practice, the easier it will become to follow your routine. Good luck!

My After-School Routine

Write the steps off on the left-hand side. Then check them off each school day. Your steps can include things like: eat a snack, go outside, do my homework, feed the dog, practice my instrument, or other things you think of with your mom or dad.

Steps	Mon	Tues	Wed	Thu	Fri
1					
2					
3					
4					
5					
6					

My Bedtime Routine

You can use the bedtime routine in the book as a guide to developing your own personal bedtime routine. We've included the most important parts of a good bedtime routine on the list and left a few blank spaces for you to add other things to your bedtime routine.

Bedtime Routine	Mon	Tue	Wed	Thu	Fri
1 Turn in all digital devices					
2					
3					
4					
5					
6 In bed doing quiet non-screen-based activity					
7 Lights out at _____ PM					

Planning a Simple Project

Name of my project:

List of supplies I need for my project:

1 _____

2 _____

3 _____

4 _____

5 _____

List each task you need to do and how long each task will take:

Task	How long?
1	
2	
3	
4	
5	

Decide when you are going to do each task. If your project has a deadline, such as a school project, make sure that your last task is scheduled well BEFORE the deadline. Leave some extra time in case something goes wrong and you have to do it over. And remember, some projects require you to wait between tasks—for example, if glue needs to dry, or if something you are cooking needs time to bake.

Day	Time	Will I need help?
Task 1		
Task 2		
Task 3		
Task 4		
Task 5		

Remember, if you need help on a task, you'll need to check with your mom or dad or another helper to find out when they can help you.

Terrific! Just follow these three steps and you'll always be a great project planner!