



MY SCREENTIME TICKET CHECKLIST

While Weequahic is 'choice-based', there is a lot of structure to our days. Knowing what you need to accomplish each day adds clarity and comfort. Below are a few suggestions on how to make the days at home both useful and fun. Everyone will want to get some screen time over the coming weeks. The key will be to find a balance between the useful and the fun. We hope these two pages will help!

TO DO TODAY

COMMENTS

<input type="checkbox"/>	CLEAN ROOM	_____
<input type="checkbox"/>	BED MADE	_____
<input type="checkbox"/>	HOME CHORES	_____
<input type="checkbox"/>	SCHOOL WORK	_____
<input type="checkbox"/>	EXERCISE	_____
<input type="checkbox"/>	READ 30 MINUTES	_____
<input type="checkbox"/>	COMPLETE JOURNAL	_____
<input type="checkbox"/>	ASKED 'HOW CAN I HELP' OFTEN	_____
<input type="checkbox"/>	LEARNED SOMETHING NEW	_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____
<input type="checkbox"/>		_____

DATE



Daily Journal

Answering a few questions each day can be very useful and helpful going forward. Here are a few starters to get you going:

Today, I'm grateful for the following three things that are different from yesterday or the day before:

Today, I learned....

Today I became more responsible by....

Tomorrow, I'll make the day meaningful by...
