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

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| TODAY’S ENERGY LEVELS1 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 |