



# Online Learning Day Planner

Goal Wake-up Time:

1

2

3

4

5

6

7

8

## Block 1:

Time:

Things to do:

New Homework:

## Block 2:

Time:

Things to do:

New Homework:

## Block 3:

Time:

Things to do:

New Homework:

## Block 4:

Time:

Things to do:

New Homework:

Goal End Time:

Water intake:



## Daily Checklist

Have I...

- ☐ Chatted with a friend
- ☐ Been physically active
- ☐ Read anything for fun
- ☐ Had a snack

## Screen Break #1

Start:

Stop:

During this break I will...

## Zooms

## Screen Break #2

Start:

Stop:

During this break I will...

## Daily Gratitude

Today I am thankful for...

## Screen Break #3

Start:

Stop:

During this break I will...