**Here are 2 pages: an example and a blank template.**

**Look at the example below for a daily schedule. For the week of April 13-17th, create either one day that you will generally follow for the week, or a few days, and submit to me on April 17th.**

**For April 13-17th, due April 17th to Google Classroom.**

**If you do not have Google Classroom, send it to** **jsglass@deltalearns.ca**

**Daily Schedule Example**

*Rationale for the first two columns:* I like to do my hardest thing in the morning when I’m the least irritated with being at home. It would be good to exercise after the hardest thing so I can shake it off. Then I can look forward to the funnest thing, whatever that is, at the end of the day. I figure I should take advantage and sleep in as much as I can, so if I don’t finish what I need to get done, I can always use some time after dinner.

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| Time | Action | Focus: Target | How did it go? | Next Steps |
| 10am | Wake up / eat / etc | Start my day off right | Blah. I felt tired. | Put on a better wake up song. |
| 10:30 am | Do School(hardest thing on my list) | English: Finish my essay - focus on linking the sections smoothly | I can’t think of anything other than first, second, third, and in conclusion as transition words, but I think my ideas are building on each other pretty well. | Look up a list of transition words then revise. |

**­Daily Schedule**

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| Time | Action | Focus: Target | How did it go? | Next Steps |
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