











My Daily Routine at Home

Week Beginning: _____



		Monday	Tuesday	Wednesday	Thursday	Friday
	I woke up at a good time					
	I did some exercise					
	I had regular meals and drank water					
	I enjoyed some reading in a quiet space					
	I completed some school work at my work space. [I chunked it so I had some breaks too]					
	I talked to my family about my day and how I am feeling. I asked them about their day					
	I contacted my friends.					
	I spent some time on my creative hobby or something I enjoy doing					
	My parent/carer told me what I did well.					
	My personal goal: _____					

REMEMBER:
All you can ever do is try your best