|  |  |  |
| --- | --- | --- |
| **Must Do:** | **Should Do:** | **May Do:** |

|  |  |
| --- | --- |
| **Weekly Work** | |
|  |  |
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**Notes**

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**Other (drawings, mind maps, stickers, and etc.)**

Why?

**This week my glass was full**

**This week my glass was ½ full**

**This week my glass was empty**

|  |  |  |  |
| --- | --- | --- | --- |
| **Date** | **Where does the time go?** | | |
| **M** | **…Before Work…**  8:00-  9:00-  10:00-  11:00- | **L**  **U**  **N**  **C**  **H**  **L**  **U**  **N**  **C**  **H**  **L**  **U**  **N**  **C**  **H**  **L**  **U**  **N**  **C**  **H** | 1:00-  2:00-  3:00-  4:00-  **After Work…** |
| **T** | **…Before Work…**  8:00-  9:00-  10:00-  11:00- | 1:00-  2:00-  3:00-  4:00-  **After Work…** |
| **W** | **…Before Work…**  8:00-  9:00-  10:00-  11:00- | 1:00-  2:00-  3:00-  4:00-  **After Work…** |
| **TH** | **…Before Work…**  8:00-  9:00-  10:00-  11:00- | 1:00-  2:00-  3:00-  4:00-  **After Work…** |
| **F** | **…Before Work…**  8:00-  9:00-  10:00-  11:00- | 1:00-  2:00-  3:00-  4:00-  **After Work…** |
| **S** |  |  |
| **SU** |  |  |