

MY TIME PLANNER

- Write down every event on your schedule when it begins: getting ready, meals, work, school, exercise, homework, chores, lessons, practices

- Color in how long each event lasts from when it starts to when it ends. You can even use a different color for each event or kinds of events.

- Decide how you will use your free time to rest, refill, recharge, or reset mentally and physically.



	MON	TUE	WED	THU	FRI	SAT	SUN
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