

Name _____

Learning Skills Assignment #1, Days 11-14

For the next 7 days, record the times that the following tasks have been completed. The goal is to complete all of the tasks within 30 minutes of getting out of bed.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Got out of bed							
Got dressed							
Brushed teeth							
Brushed hair							
Made bed							

If you have access to the internet, please join me each day at 11:30 a.m. to 12:00 for review and discussion. Please check your LiveGrades messages daily for links and info.

If you do NOT have access to the internet, keep this paper copy and be prepared to discuss this chart when we see each other again in person.

Name _____

Learning Skills Assignment #2, Days 11-16

On the chart below, record how much time you spend on the following activities each day.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Doing chores							
Watching TV							
Playing video/online games							
Physical activity (walking, hiking, playing basketball, etc)							
Social Media							
Eating							
Sleeping (including night time and naps)							

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