

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

March

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

April

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

June

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

November

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

December

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

My goal this month

Clean up my room once a week.

- Pick things up off the floor and put them where they belong.
- Make sure my dirty clothes are in the hamper.
- Make sure clean clothes are in the drawer or closet.
- Walk around with the trash can and throw out garbage.
- Bring any dishes to the kitchen.
- Mark off on my calendar every week that I've cleaned up my room.

My goal this month

Leave for school with everything I need.

- Make a daily checklist of what I need for school and go through it the night before.
- Make sure homework, lunch money, permission slips, and other things I need are in my backpack.
- Put my backpack in a regular spot near the door.
- Leave other things I need next to my backpack (musical instrument case, projects, gym clothes).
- In the morning, put my lunch in my backpack.
- Take everything that's in my regular spot when I leave for school.
- Mark off on my calendar every day I bring everything I need to school.

My goal this month

Clean out my backpack once a week.

- Empty it out onto a table.
- Create three piles: school supplies, papers and notebooks, and things that go back and forth to school.
- Give any important papers to my parent.
- Throw away any garbage.
- Put loose papers in their binders or folders.
- Put everything I need back in.
- Mark off on my calendar every week I've cleaned out my backpack.

My goal this month

Turn in all my homework.

- Make a list of the homework assignments I need to turn in every day.
- Take out the homework folder as soon as I get to class.
- If homework is due at the start of class, go straight to where it's collected before sitting down.
- As soon as I hand in a homework assignment, mark it off on my list.
- Mark off on my calendar every day I turn in all my homework.

My goal this month

Know what all my assignments are.

- Write down assignments I get throughout the day in my agenda or notebook.
- Check my agenda at lunch and after my last class and make sure I've written it all down.
- Ask the teacher to explain anything I'm confused about.
- Ask the teacher to write down the assignment for me if I'm confused or need help with writing.
- Make sure I have contact information for a classmate I can talk to if I have questions.
- Mark off on my calendar every day I know what my assignments are.

My goal this month

Get to school on time.

- Set a double alarm in case I sleep through the first one.
- Stick with the outfit I picked out last night (don't choose a different one in the morning).
- Plan a to-go breakfast in case I don't have time to sit and eat.
- Pick up my backpack and other things I need from the regular spot I left it in last night.
- Mark off on my calendar every day I get to school on time.

My goal this month

Keep track of my things.

- Put my things away in their proper spot after school instead of just laying them down somewhere.
- Put my things away the minute I'm finished using them.
- Empty my pockets before getting ready for bed and put things in their proper spot.
- Make sure the things I need for school (permission slips, lunch money, homework) are in my backpack and ready to go for the morning.
- Mark off on my calendar every day I haven't misplaced anything.

My goal this month

Organize my room and do a weekly spot check.

- Make a list of what I keep in my room, and decide where each item should go (shelf, dresser, closet, desk, night table).
- Write each item on a sticky note and put the notes where each item belongs.
- Go around the room with a trash can and throw out any garbage.
- Get everything off my floor and put it on my bed. Sort the items into groups.
- Put dirty clothes in the laundry hamper and fold the clean clothes.
- Put all the items where they belong.
- Find containers to hold smaller items.
- Mark off on my calendar when I've organized my room, and every week my room stays organized.

My goal this month

Prepare for school the next day.

- Check that my homework is done and put into the proper folder.
- Make sure everything I need for tomorrow is in my backpack (books, folders, gym clothes).
- Put my backpack and anything that's going to school in a regular spot by the door.
- Check the weather and make sure my coat, hat and mittens, or umbrella are near the door, ready to go.
- Pick out clothes for the next day and lay them out.
- Set a double alarm to make sure I get up in time.
- Put a to-go breakfast (like a breakfast bar) on the kitchen counter in case I'm running late.
- Mark off on my calendar every night I've prepared for the next school day.

My goal this month

Complete my chores.

- Make a chore chart of my daily and weekly chores.
- Set a time each day to do them.
- Break down each chore into steps and write them down.
- Figure out how much time each chore takes.
- Set a timer to complete them.
- Mark off on my calendar every time I've completed my chores.

My goal this month

Remember my appointments and obligations.

- Write down all my regular appointments (band practice, tutor session, afterschool job).
- Mark down my appointments and obligations in a phone, calendar, or agenda.
- Add appointments as soon as they come up.
- Check my appointment calendar every night before bedtime.
- Set reminder alarms.
- Ask what the appointments are if I didn't remember to write them down.
- Mark off on my calendar every time I've remembered an appointment or obligation.

My goal this month

Be prepared for class.

- Get to class a minute or two early to have time to settle in.
- Turn in my homework if necessary and then sit down.
- Pull out only the notebook and homework folder for that class and close my backpack.
- Have a pencil or pen handy.
- Try not to start talking to anyone.
- Mark off on my calendar every day I've been prepared for class.

My goal this month

Get to bed on time.

- Turn off all electronics an hour before bedtime, including my phone.
- Finish all my homework an hour before bedtime.
- Get ready for bed (wash up, lay out my clothes for tomorrow) at least 15 minutes before bedtime.
- Do a relaxing activity in bed before I fall asleep (read, draw, listen to music).
- Mark off on my calendar every night I've gotten to bed on time.

My goal this month

Do my homework in a reasonable amount of time.

- Set up a homework spot with all my supplies and no distractions.
- Start my homework long before bedtime.
- Figure out how long each assignment should take.
- Build in time for short breaks and snacks if I need them.
- Turn off my phone.
- Make sure I understand the directions.
- Ask for help if I need it.
- Mark off on my calendar every day I've done my homework in a reasonable amount of time.

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2 	3 	4
5 	6 	7 	8 	9 	10 	11
12	13 	14 	15 	16 	17 	18
19 	20 	21	22 	23 	24 	25
26	27 	28 	29 	30	31 	

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