

It's Owl about the plan!



The week of _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Must Do

1) _____

2) _____

3) _____

Should Do

1) _____

2) _____

3) _____

Do for Joy

1) _____

2) _____

3) _____

GIVE A HOOT - This week ...

- Called a grandparent
- Exercised/got some fresh air
- Read The Curious Owl
- Helped with chores
- Didn't use my phone more than needed
- Read a book/played an instrument

(The following are recommended for your physical, emotional & mental well being as well as good habit forming!)