Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
Academic Responsibilities ❏ Finish assigned daily coursework ❏ Check Google Classroom ❏ Attend any Zoom/Google Chat Sessions Posted	Academic Responsibilities ❏ Finish assigned daily coursework ❏ Check Google Classroom ❏ Attend any Zoom/Google Chat Sessions Posted	Academic Responsibilities ❏ Finish assigned daily coursework ❏ Check Google Classroom ❏ Attend any Zoom/Google Chat Sessions Posted	Academic Responsibilities ❏ Finish assigned daily coursework ❏ Check Google Classroom ❏ Attend any Zoom/Google Chat Sessions Posted	Academic Responsibilities ❏ Finish assigned daily coursework ❏ Check Google Classroom ❏ Attend any Zoom/Google Chat Sessions Posted	Take a two-day break from your academic responsibilities. Spend more time talking and eating meals with your family, relaxing, and resetting your body, mind, and spirit for the next week!
Mindfulness(Choose One or More) ❏ Listen to a meditation on Youtube or the Calm App ❏ Practice Taking Deep Breaths	Mindfulness(Choose One or More) ❏ Listen to a meditation on Youtube or the Calm App ❏ Practice Taking Deep Breaths	Mindfulness(Choose One or More) ❏ Listen to a meditation on Youtube or the Calm App ❏ Practice Taking Deep Breaths	Mindfulness(Choose One or More) ❏ Listen to a meditation on Youtube or the Calm App ❏ Practice Taking Deep Breaths	Mindfulness(Choose One or More) ❏ Listen to a meditation on Youtube or the Calm App ❏ Practice Taking Deep Breaths	Mindfulness(Choose One or More) ❏ Listen to a meditation on Youtube or the Calm App ❏ Practice Taking Deep Breaths
Physical Activity (30 minutes or more) ❏ Walk or run outside ❏ Use an app or Youtube to engage in yoga or another at-home workout program ❏ Other	Physical Activity (30 minutes or more) ❏ Walk or run outside ❏ Use an app or Youtube to engage in yoga or another at-home workout program ❏ Other	Physical Activity (30 minutes or more) ❏ Walk or run outside ❏ Use an app or Youtube to engage in yoga or another at-home workout program ❏ Other	Physical Activity (30 minutes or more) ❏ Walk or run outside ❏ Use an app or Youtube to engage in yoga or another at-home workout program ❏ Other	Physical Activity (30 minutes or more) ❏ Walk or run outside ❏ Use an app or Youtube to engage in yoga or another at-home workout program ❏ Other	Physical Activity (30 minutes or more) ❏ Walk or run outside ❏ Use an app or Youtube to engage in yoga or another at-home workout program ❏ Other
Reading ❏ Read a book of your choice for at least 30	Reading ❏ Read a book of your choice for at least 30	Reading ❏ Read a book of your choice for at least 30	Reading ❏ Read a book of your choice for at least 30	Reading ❏ Read a book of your choice for at least 30	Reading ❏ Read a book of your choice for at least 30

minutes!	minutes!	minutes!	minutes!	minutes!	minutes!
Connection ❏ Face-Time or video chat with a friend for at least 30 minutes ❏ Talk to or do an activity with a family member ❏ Call a relative!	Connection ❏ Face-Time or video chat with a friend for at least 30 minutes ❏ Talk to or do an activity with a family member ❏ Call a relative!	Connection ❏ Face-Time or video chat with a friend for at least 30 minutes ❏ Talk to or do an activity with a family member ❏ Call a relative!	Connection ❏ Face-Time or video chat with a friend for at least 30 minutes ❏ Talk to or do an activity with a family member ❏ Call a relative!	Connection ❏ Face-Time or video chat with a friend for at least 30 minutes ❏ Talk to or do an activity with a family member ❏ Call a relative!	Connection ❏ Face-Time or video chat with a friend for at least 30 minutes ❏ Talk to or do an activity with a family member ❏ Call a relative!
Fun! ❏ Watch a movie or TV show you've been wanting to start. ❏ Bake something! ❏ Play a video game with a friend online ❏ Start a blog/Youtube channel ❏ Get creative/Try to do something different each day	Fun! ❏ Watch a movie or TV show you've been wanting to start. ❏ Bake something! ❏ Play a video game with a friend online ❏ Start a blog/Youtube channel ❏ Get creative/Try to do something different each day	Fun! ❏ Watch a movie or TV show you've been wanting to start. ❏ Bake something! ❏ Play a video game with a friend online ❏ Start a blog/Youtube channel ❏ Get creative/Try to do something different each day	Fun! ❏ Watch a movie or TV show you've been wanting to start. ❏ Bake something! ❏ Play a video game with a friend online ❏ Start a blog/Youtube channel ❏ Get creative/Try to do something different each day	Fun! ❏ Watch a movie or TV show you've been wanting to start. ❏ Bake something! ❏ Play a video game with a friend online ❏ Start a blog/Youtube channel ❏ Get creative/Try to do something different each day	Fun! ❏ Watch a movie or TV show you've been wanting to start. ❏ Bake something! ❏ Play a video game with a friend online ❏ Start a blog/Youtube channel ❏ Get creative/Try to do something different each day