

5-MINUTE DAILY SUCCESS

check in



DATE:

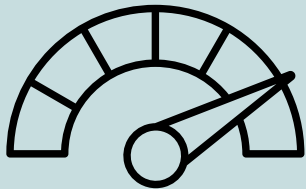
FOCUS ZONE STATUS

- ☐ Cleaned study area
- ☐ Charged devices
- OUTSIDE zone
- ☐ All supplies ready
- ☐ _____
- ☐ _____

TODAY'S BIG WIN

- ☐ Finished homework before dinner
- ☐ Organized backpack myself
- ☐ Asked teacher a question
- ☐ Tried something new
- ☐ Other: _____

SLEEP SCORE

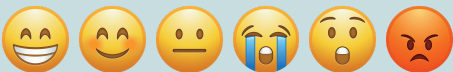


I'll improve tonight by:

TOMORROW'S #1 TASK**

Must complete:

ENERGY CHECK



Circle your vibe

MY RANKING OF TODAY



PARENT-PROUD MOMENT

Today I loved when you _____

