

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			

My Goal This Month

February

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			

My Goal This Month

March

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

My Goal This Month

April

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					

My Goal This Month

June

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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My Goal This Month

July

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				

My Goal This Month

August

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	

My Goal This Month

September

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						

My Goal This Month

October

My Goal This Month

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			

November

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	

My Goal This Month

December

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					

My Goal This Month

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.

