

Strive for Success!

# Weekly To-Do List

- Remember to **take breaks** after spending roughly 45-50 minutes on a task. Breaks should be between 10-15 minutes. Reward yourself for staying on-task!
- Schedule in an **activity you enjoy** doing every day, whether that be exercising, free reading, or watching TV—just to name a few

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00 am				
8:00 am				
9:00 am				
10:00 am				
11:00 am				
12:00 pm				
1:00 pm				
2:00 pm				
3:00 pm				
4:00 pm				
5:00 pm				
6:00 pm				
7:00 pm				
8:00 pm				
9:00 pm				

My tasks were successfully completed today!

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TIME	FRIDAY	SATURDAY	SUNDAY
7:00 am			
8:00 am			
9:00 am			
10:00 am			
11:00 am			
12:00 pm			
1:00 pm			
2:00 pm			
3:00 pm			
4:00 pm			
5:00 pm			
6:00 pm			
7:00 pm			
8:00 pm			
9:00 pm			

## Notes for the Week:

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