

DAILY RESPONSIBILITY TRACKER

Date:

ACADEMIC & GROWTH

Check LMS (Canvas/Google Classroom) & Updates 07:30 AM

Complete High-Priority Assignments 04:00 PM

Review SAT/ACT Prep or Vocabulary 06:00 PM

Organize Digital Files & Backpack 08:30 PM

PERSONAL & HEALTH

Physical Activity / Sport Practice 60 MIN

Hydration Goal (64oz+) DAILY

Unplugged Reflection / Reading 09:00 PM

HOUSEHOLD CONTRIBUTION

Room Clean & Bed Made MORNING

Kitchen Help / Meal Prep Assistance EVENING

Assigned Chore: _____ -

FOCUS & NOTES