



Student Name: _____

Grade: _____

<u>Period</u>	<u>Time</u>	<u>Course</u>	<u>Teacher</u>	<u>To Do's</u>	<u>Notes/Reminders/Homework</u>
Wake Up, Eat Breakfast, Get Ready To Start The Day					
	8:40			<ul style="list-style-type: none"> ✓ Log In To Laptop ✓ Go to Google Chrome and Launch.ocps.net 	
1 st Period	8:45 – 9:32 W 8:45 – 9:23			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
3 Minute Break – Take a walk around the house.					
2 nd Period	9:35 – 10:22 W 9:26 – 10:04			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
3 Minute Break – Take 5 deep breaths.					
3 rd Period	10:25 – 11:12 W 10:07 – 10:45			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
3 Minute Break – Get up and stretch! Reach for the sky!					
4 th Period	11:15 – 12:04 W 10:48 – 11:28			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
3 Minute Break – Be sure to get a healthy snack!					
5 th Period	12:07 – 12:54 W 11:31 – 12:09			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
LUNCH 12:56 – 1:21 W 12:12 – 12:37					
3 Minute Break – Think of 2 positive things that have happened today.					
6 th Period	1:23 – 2:10 W 12:40 – 1:18			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
3 Minute Break – Get up and dance because the day is almost done.					
7 th Period	2:13 – 3:00 W 1:21 – 2:00			<ul style="list-style-type: none"> ✓ Open Canvas Tile for course ✓ Check Announcements ✓ Submit any homework 	
Finish up any homework, end the day on a positive note, go outside and get some fresh air. Tomorrow is another day!					