

Date: _____

Day: ☐ M ☐ T ☐ W ☐ Th ☐ F

My energy today:



- ☐ Super sleepy, hard to stay awake
- ☐ Started off strong
- ☐ Finished tired
- ☐ Focused, ready to learn
- ☐ Other: _____

My behavior today:



- ☐ Silly, anxious, out of sorts
- ☐ Down, low, tired, or sick
- ☐ Grumpy or upset
- ☐ Calm, cool, collected
- ☐ Sunshine and rainbows – great day!
- ☐ Other: _____

Homework:



- ☐ None, enjoy your evening
- ☐ Something due tomorrow
- ☐ Something due this week
- ☐ Long-term project
- ☐ Extra practice
- ☐ Other: _____



I ate:

- ☐ Snack
- ☐ Lunch
- ☐ Other: _____



Reminders:

- ☐ Low on lunch money
- ☐ Bring extra clothes
- ☐ Permission slip/ parent signature
- ☐ Quiz/ test coming up
- ☐ Check emails
- ☐ Other: _____



Let's Chat:

- ☐ Send me an email
- ☐ Give me a call
- ☐ I'll be reaching out
- ☐ Let's meet!

Something to ask me about: _____

Something you should know: _____

