



# Middle School Virtual School Day Planner

Date: \_\_\_\_\_

Day:

1 2 3 4 5 6 7 8

Wake-Up Time: \_\_\_\_\_

**BLOCK 1: 8:45 TO 9:45**

Things to do:

**BLOCK 2: 10:15 TO 11:15**

Things to do:

**BLOCK 3: 12:15 TO 1:15**

Things to do:

**BLOCK 4: 1:45 TO 2:45**

Things to do:

**Daily Checklist**

Today I:

- \_\_\_ Interacted with a friend
- \_\_\_ Did something kind for someone
- \_\_\_ Did something creative
- \_\_\_ Read something for fun

**Daily Gratitude**

Today I am thankful for ...

**Screen Breaks**

During screen breaks I ...

**Water Intake**

**Physical Activity**