



## ***Daily Task List***

- 90 minutes “homework”
- 30-60 minutes of a really good book (your electronics must be in a different room for this activity!)
- Learn/practice a new skill (a recipe, instrument practice, something cool from YouTube)  
Write what you learned how to do! \_\_\_\_\_  
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- 30-60 min of creativity (puzzle, drawing-See YouTube tutorials, coloring)
- 30 min exercise (Yoga, stretching, any number of programs found online)
- 45 min outside (walk, jog, basketball, bike...whatever you can think of...a little rain never hurt anyone.)
- Parent-designated chore (think above and beyond just the dishes...)

For every week (5 days) that this is signed off by a parent, you will receive a reward from ME!  
(This is a beautiful opportunity to slow down and focus on things that we are often too busy to do!)

Name \_\_\_\_\_ Parent Signature \_\_\_\_\_