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# Student Handbook



**PASIR RIS SECONDARY SCHOOL**

Confident learners, Caring & Resilient Citizens



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# Personal Information

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## Personal Particulars

Name		Class	
Home Address		Register No.	
		Contact (HP)	
Email Address		Contact (H)	

## My Teachers' Information

S/N	Teacher's Name	Subject	Ext. No.	Email Address

## In case of Emergency, please contact:

Name		Name	
Relationship		Relationship	
Contact (HP)		Contact (HP)	
Contact (H)		Contact (H)	

# Singapore National Flag and Anthem



## NATIONAL FLAG

The National Flag is halved horizontally—red over white. It has at the top a crescent moon sided by five stars in a circle, all in white.

Red symbolises the universal brotherhood and the equality of man, while white signifies pervading and everlasting purity and virtue. The crescent represents a young nation on the ascent in its ideals of establishing democracy, peace, progress, justice and equality as indicated by the five stars.

## NATIONAL ANTHEM – MAJULAH SINGAPURA (ONWARD SINGAPORE)

Mari kita rakyat Singapura  
Sama-sama menuju bahagia  
Cita-cita kita yang mulia  
Berjaya Singapura

Marilah kita bersatu  
Dengan semangat yang baru  
Semua kita berseru  
Majulah Singapura  
Majulah Singapura

Come, fellow Singaporeans  
Let us progress towards happiness together  
May our noble aspiration bring  
Singapore success

Come, let us unite  
In a new spirit  
Together we proclaim  
Onward Singapore  
Onward Singapore



# National Pledge

## OUR PLEDGE

We, the citizens of Singapore,  
pledge ourselves as one united people,  
regardless of race, language or religion,  
to build a democratic society,  
based on justice and equality,  
so as to achieve happiness, prosperity  
and progress for our nation.

## IKRAR KITA

Kami, warganegara Singapura,  
sebagai rakyat yang bersatu padu,  
tidak kira apa bangsa, bahasa, atau ugama,  
berikrar untuk membina suatu masyarakat yang demonkratik,  
berdasarkan kepada keadilan dan persamaan untuk mencapai kebahagiaan  
kemakmuran dan kemajuan bagi negara Kami.

## 信约

我们是新加坡公民，  
誓愿不分种族、言语、宗教，  
团结一致，建设公正平等的民主社会，  
并为实现国家之幸福、繁荣与进步，共同努力。

## நமது உறுதிமொழி

சிங்கப்பூர் குடிமக்களாகிய நாம், இனம், மொழி, மதம்  
ஆகிய வேற்றுமைகளை மறந்து ஒன்றுபட்டு, நம் நாடு  
மகிழ்ச்சி, வளம் முன்னேற்றம் ஆகியவற்றை அடையும் வண்ணம்  
சமத்துவத்தையும், நீதியையும் அடிப்படையாகக் கொண்ட  
ஜனநாயக சமுதாயத்தை உருவாக்குவதற்கு  
உறுதி மேற்கொள்வோமாக.

# National Education Messages

**Singapore is our homeland; this is where we belong.**

We treasure our heritage and take pride in shaping our own unique way of life.

**We must preserve racial and religious harmony.**

We value our diversity and are determined to stay a united people.

**We must uphold meritocracy and incorruptibility.**

We provide opportunities for all, according to their ability and effort.

**No one owes Singapore a living.**

We find our own way to survive and prosper, turning challenge into opportunity.

**We must ourselves defend Singapore.**

We are proud to defend Singapore ourselves, no one else is responsible for our security and well-being.

**We have confidence in our future.**

United, determined and well-prepared, we have what it takes to build a bright future for ourselves, and to progress together as one nation.





# SCHOOL MISSION AND VISION

## School Vision

### Confident Learners, Caring & Resilient Citizens

We want to nurture every Pasirian to become a:

#### Confident Learner

One who is inquisitive, motivated, reflective, thinks critically, communicates effectively and owns his or her learning.

#### Caring and Resilient Citizen

One who embraces challenges and has the moral courage to make a positive difference to the lives of others.

## School Mission

### Inspiring Lives, Nurturing Talents, Realizing Dreams

We believe that every student can learn and grow.

Teachers hold the key to unlock the hearts and minds of our students.

It is therefore imperative for teachers to model the way for Pasirians, guide them to be anchored on core values and purpose, teach them the requisite skills and knowledge to be future-ready and develop their potential to the fullest so that they will have a zest for life, the passion to learn, the confidence to lead and the resilience to navigate the complexities in life to become the future of Singapore.

# SCHOOL MOTTO AND COLOUR



***Pasir Ris  
Secondary School***

## MOTTO

### PRIDE AND RESPONSIBILITY

Our school logo reflects the type of education the school aims to provide for our students.

Our motto, Pride and Responsibility, derived from the initials of the school, are the values which we hope to instil in our students.

These virtues, like sails in the wind, will carry us forward to success and work excellence. The waves that form the base on which Pride and Responsibility rest, symbolise our students' aesthetic and moral development, which are integral to their all-rounded education.

## COLOURS

### YELLOW AND GREEN

The school colours, yellow and green, represent the freshness and enlightenment a sound education provides.

It is the school's aspiration to provide the best possible education for our students to ensure that the future generations of Singapore citizens will show pride in their pursuits and shoulder their responsibilities with commitment and dedication.



# SCHOOL CORE VALUES

## **P . R . I . Z . E Values**

**Pride • Responsibility • Integrity • Zeal • Empathy**



## **STUDENT CREED**

"We Pasirians will be upright in character and exemplary in conduct.  
We will learn with passion and strive for excellence.  
We will lead with confidence and inspire others.  
We will show care and respect at all times.

We will be committed to serve our school, community and nation."

# SCHOOL SONG AND CHEER

Our school song calls on all Pasir Ris Secondary School students to take pride in ourselves, in our deeds, to be true and sincere and to give our best in our service to others.

We must always sing our school song with pride and joy.

It is the duty of every student to know and understand the meaning of the school song.

With pride and joy let us sing  
Let truth and sincerity come right from your heart  
These and other thoughts we gladly bring  
To Pasir Ris right from the start

There's care and service we offer  
Give kindness to everyone and grudging to none  
These and other deeds to you we proffer  
Realising the best from everyone

## Chorus

Have pride in self and concern for others  
But never from the good to stray away

With pride and joy let us sing  
Let truth and sincerity come right from your heart  
These and other thoughts we gladly bring  
To Pasir Ris right from the start  
To Pasir Ris right from the start!

## The Pasirian Family

### Verse 1

A place in Tampines  
A place with a new story  
Going through many journeys  
Creating fondest memories

My teachers saw me grow  
My friends I'll never let go  
Soaring through the clouds  
I learnt to stand proud  
Now I just wanna shout out loud

### Chorus

Pasir Ris my family  
I found a friend and company  
Pasir Ris believes in me  
She's always there for me

Pasir Ris I'm proud of thee  
I'll be the best I know I'll be  
Doing my part, with all my heart  
for my Pasirian family

### Verse 2

She shines the path of light  
She shows a future that's bright  
Guiding me to what is right  
Helping me reach greater heights

My friends are my family  
Making history  
All those days we work and play  
They'll always be with me

### Bridge

Those big waves we rode together  
And all the storms, we will weather  
It doesn't matter where I am  
A Pasirian, I will always be  
Always be



# Eye on the World – Stories through Journalism

The Applied Learning Programme (ALP), Eye on the world – stories through journalism, aims to provide students with opportunities to relate learning to real-life situations; increase their awareness of local and global issues; and develop critical thinking and effective communication skills through various journalism platforms.



The five key strategies (**DRIVE** framework) include:

## **Diversity in Humanities Subject offerings (D)**

Provide a variety of Humanities subject offerings to better prepare students for post-secondary education.

## **Relevance of learning through Broadcast Journalism platforms(R)**

Through various content creation platforms such as photojournalism, podcasts, news-casting and documentary productions, we provide quality learning experiences for students to apply their knowledge and skills to real-life situations.

## **Interest in reading and improved literacy (I)**

Cultivate reading habits for deeper learning and improved literacy to enable students to better express themselves and develop their confidence.

## **Value in real-world application through contemporary issues and career guidance (V)**

Leverage contemporary issues to enhance students' global awareness, perspective taking and cultural literacy; augment students' awareness of career opportunities linked to the Media arts industry through career talks, learning journeys and attachments.

## **Environment and partnerships (E)**

Transform physical spaces into themed corners to cultivate students' interest in current affairs and showcase students' work; collaborate with key external partners to make learning more authentic and experiential.

# Music and Performing Arts

The Learning for Life Programme (LLP), SHINE@PRSS, aims to develop Pasirians into Cultured Citizens who are well acquainted with the Singapore's rich Cultural Heritage, Reflective Learners who are expressive when responding to multiple art forms and Creative Performers who are actively and passionately creating and experimenting with the ARTS. Building on our strength in the Music and Performing Arts, the LLP will provide a vibrant arts environment where every Pasirian can SHINE through the ARTS.



We **SH**ape, **IN**tegrate and **E**xpress through these 5 key strategies:

## **Self-discovery of interest and ability (S)**

Provide structured and integrated programmes for students to develop self-awareness and self-management through discovery and pursuit of their artistic interests.

## **Heritage and Cultural appreciation (H)**

Heighten students' cultural awareness, respect for diversity and appreciation of the uniqueness of the various cultures through exposure to the music and drama programmes of the different cultural groups.

## **Interaction and Collaborative Learning (I)**

Provide opportunities for students to work in teams on their projects within the school or with external organisations and institutions (locally or overseas) to develop their interpersonal and collaboration skills.

## **Engagement in Community Outreach and Partnership (N)**

Provide platforms for students to contribute to the community by putting up performances to entertain, educate and foster closer relationships as part of their Values-In-Action projects.

## **Excellence in Artistic Expressions (E)**

Provide more opportunities for students in Performing Art CCAs to hone their aesthetic skills, develop their leadership competencies, foster teamwork, cultivate resilience and develop a mindset of excellence.



# School Rules and Regulations

PRSS believes good discipline is the key to success and achievement for our students. All students and teachers are expected to contribute actively to improve school discipline. With that in mind, the school rules provide guidelines for acceptable student behaviour and conduct. Every student is expected to be familiar and comply with these stipulated rules at all times. The aim is to be self-disciplined.

## ① General Conduct

All Pasirians are expected to conduct themselves appropriately, uphold the good name of the school and live out the school values of Pride, Responsibility, Integrity, Zeal and Empathy in their words and deeds.

All students are expected to:

- Be courteous to all staff, schoolmates and visitors.
- Be kind and considerate to others.
- Demonstrate honesty, behave with dignity and treat others with respect and courtesy.

This includes the use of appropriate language and behaviour, especially in a conflict.

- Take responsibility for their actions.
- Respect school rules, opinions and rights of others.
- Treat all property belonging to the school and to others with care.
- Hand over any found property to the General Office immediately for safekeeping.
- Take responsibility for their own valuables including handphones, wallets/purses and school bags.
- Uphold the core values of the school – Pride, Responsibility, Integrity, Zeal and Empathy (PRIZE).




All students are expected to comply with the following policies:

### 1.1 Attire

- All students are to wear the prescribed school uniform and any modification to the uniform is not allowed (e.g., tapering the width of pants or adding elastic bands to skirts).
- The school tie should be worn during stipulated school functions.
- Maintain a neat appearance at all times.
- Pants and skirts should be worn at the waist level. Skirts should be at least knee length when standing upright and not be folded around the waist when worn. Length of long pants must be altered to its correct length, i.e., be in contact with the back of shoes when standing upright.
- The shirt/blouse should be worn during normal school days and should be tucked in neatly.
- Wear only plain white socks with plain white shoes. Socks must be worn to conceal the ball of the ankle completely.
- Students are permitted to wear their official CCA T-shirt ONLY during CCA lessons or after curriculum time i.e 3pm onwards.
- On days when students have PE lessons, students are allowed to report to school in half-uniform. (school approved T-shirts\* with school shorts/pants/skirts)

# School Rules and Regulations

- Students are expected to wear PE attire during PE lessons (ONLY official school T-shirts and shorts listed as follows:


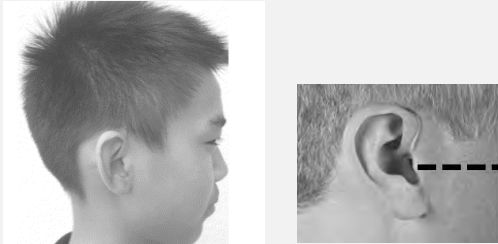
		
official school level camp / anniversary T-shirt	round neck school PE T-shirt	official school PE shorts



## 1.2 Appearance

- Hair must be kept neatly in its natural colour. Outlandish, under-cut/side-shaved/unkempt or dyed/coloured/highlighted hair is not allowed.
- Keep fingernails short and clean. No polish, lacquer or nail colour is allowed.
- All males are to maintain a clean-shaven appearance. Keeping of beard or moustache is not allowed. Students of the Sikh faith are exceptions to this rule.
- The following are strictly not allowed:
  - any visible form of tattoos or body-art
  - coloured, cosmetic or fanciful contact lenses or sclera lenses
  - any form of make-up e.g lipstick, mascara, eye-shadow etc
  - accessories, such as jewellery, necklaces, wristbands, friendship bands and fanciful hair bands
  - sandals or flip-flops (permitted only with recommendation from a certified medical doctor)

# School Rules and Regulations

Girls	Boys
	
<ul style="list-style-type: none"> <li>▪ Hair longer than shoulder-length should be tied up neatly.</li> <li>▪ Fringe should be short and not cover the forehead or eyebrow. Fringe that falls below the eyebrow should be neatly pinned up.</li> <li>▪ Only plain, dark coloured hairpins and rubber bands are allowed.</li> <li>▪ Only one pair of plain small identical ear studs is allowed, with 1 ear stud on each ear lobe. Multiple earrings or ear sticks are not allowed.</li> </ul>	<ul style="list-style-type: none"> <li>▪ Hair must be short, neat and tidy. Hair at the back should be sloped and not touch the collar. Hair at the sides should not touch the ears. Sideburns cannot be lower than the <i>tragus</i>. Fringe should be short and must be above the eyebrows.</li> <li>▪ Overlap, undercut, under-shave, spiky or outlandish hairstyles are not allowed.</li> <li>▪ Facial hair (e.g. moustache or beard) is not allowed. The face must be clean-shaven at all times.</li> <li>▪ Earrings or ear sticks are not allowed.</li> </ul>
<ul style="list-style-type: none"> <li>▪ Dyed, tinted, highlighted hair is <b>not</b> allowed.</li> <li>▪ No accessories – chains, bracelets, friendship bands, etc.</li> <li>▪ Fingernails must be kept short and clean, and not coloured.</li> </ul>	

## 1.3 School Premises

- All students are not allowed to have in their possession any weapon. They are also not allowed to bring any weapon-like item which is used or intended to be used to cause harm to others.
- All students are not allowed to have in their possession any contraband items or items that infringes the law such as cigarettes, vaporisers, explosives and any other such paraphernalia.
- Students are not allowed to ride their bicycles, skateboards, and other personal mobility devices in the school compound.
- Students are to dismount from their bicycles in the school compound and walk their bicycles to the designated bicycle bay.
- Students must register with the school before the bicycles are allowed to be parked at the designated bicycle bay. Students must ensure that their bicycles be compliant with LTA rules and regulations.

# School Rules and Regulations

## 1.4 School Handphone Policy

- The use of handphones and other electronic devices capable of transmitting data is NOT allowed during curriculum hours.
- Students must switch off their handphones and store them in their PLD lockers during curriculum hours.
- Handphones can be used during recess and after curriculum hours only at designated areas such as the canteen and waiting area outside the General Office. Handphones should be out of sight beyond the designated areas at all times.
- Handphones will be confiscated if a student violates any of the rules related to the usage of handphones.
- Recalcitrant students will be barred from bringing handphones to school should they repeatedly breach the school rules on usage of handphones.
- Students must be responsible and not allow other students to misuse their handphones or they will also have their privileges withdrawn.
- Students are to seek consent before any audio or video recordings or picture-taking is permitted. Circulation of undesirable pictures or videos that bring disrepute to the school is considered a major offence.

## 1.5 Photography & Videos

Photographs or video images of Pasirians and their parents may be captured during school activities and events, such as classroom lessons, CCA, school camps, school concerts. The school may use and publish such photographs and/or video recordings in school publications, website, social media and other communication channels.

## 2 School Expectations and Guidelines

### 2.1 Flag Raising and Assembly

- Students who are Singapore Citizens must sing the National Anthem and take the Pledge with the right fist placed over the heart.
- Students who are not Singapore citizens must stand at attention and maintain respectful silence.

### 2.2 Attendance and Punctuality

- Attendance in school is compulsory. Students are also required to attend all activities planned for them (e.g., lessons after school, CCA training sessions, enrichment courses, learning journeys, school events) unless certified medically unfit for school or excused due to valid reasons.
- Students are to assemble in the School Hall/Parade Square/Classroom and be ready for the morning assembly by 8.30am on Mondays, and 7.30am from Tuesdays to Fridays.
- Students/ parents are requested to inform the school if a student is unable to report to school.
- Students are to submit their Medical Certificate to their Home Teacher upon their return to school. The school will take into consideration letters from parents/guardians for non-medical emergencies / urgent family matters. A maximum of 5 letters per semester will be accepted. Absence without a valid reason for school or CCA is deemed as Truancy and students will face due consequences.



# School Rules and Regulations

- Students who need to leave the school during school hours for official reasons (such as medical appointments or examinations at external venues) should inform their Home Teachers and fill in the 'Permission to Leave the School' form. Students may leave school upon approval from the Vice-Principal/Principal.
- Students who are unwell and wish to go home should inform their subject teacher in the classroom and request permission to report to the General Office. Students must be accompanied by a class leader. Students who are not well are not allowed to go home on their own. Parents/Guardians must fetch them from school. Parents/ Guardians must also complete the 'Permission to Leave the School' form. Students may leave school upon approval from the Vice-Principal/Principal.
- Students who are late to school are to show their late-coming slip to the subject teacher and submit it to their Home Teacher by the end of that day.

## 2.3 Movement

- Be in the classroom at all times.
- Students are to seek teacher's permission when they need to leave the class.
- Students to move as a class, quickly and quietly, when proceeding for lessons in special rooms and other venues, and vice versa.
- Before you leave a classroom, ensure that all electrical equipment, fans and lights have been switched off and close all doors.
- Students are not allowed to use the designated special rooms and venues such as Science Labs, Computer Labs and School Halls etc for any activity at any time unless authorized by a teacher.

## 2.4 Recess

- Purchase items from the canteen vendors only during the following time slots: before school, during recess and after school.
- Queue up for food, drinks and other services in an orderly manner.
- Consume food and drinks in the canteen only.
- Do not eat in class.
- Students may consume food during the 'snack break'. Snacks are small portions of dry foodstuff.
- Only plain water is permitted in classrooms.
- Return all cutlery and plates to the appropriate collection points after the consumption of food. The table must be cleared of tissue paper and leftover food.
- Keep the canteen litter-free at all times.

## 2.5 Outside School

- Students are not to loiter in public spaces such as void decks of HDB estates before and after school hours in school uniform.
- Students are required to abide by all traffic regulations outside the school compound.
- Students are expected to conduct themselves well within and outside school.

# School Rules and Regulations

## Conduct Grade

A student's Conduct Grade, as reflected in the Progress Report, is related to the student's conduct and behaviour throughout the year. It takes into account the student's attitude in his/her daily work, whether there is respect for teachers and peers and whether the student exhibits responsibility for his/her actions. The student's attendance, punctuality in school and the number of offences committed in and outside of school are also important criteria in determining the student's conduct grade.

Conduct Grade	Descriptors
Excellent	An exemplary student who is a role model to others in his words, deeds and thoughts.
Very Good	Consistently well-behaved, demonstrates school motto of 'Pride & Responsibility
Good	Conducts himself/herself in an acceptable manner
Fair	Needs reminder from time to time to abide by all school rules and stay on track
Poor	Recalcitrant student who does not demonstrate pride and responsibility expected of a Pasirian

## Note to Parents:

- A student will get a Fair/Poor grade for poor school attendance (<80%), as well as CCA attendance (<75%). Another factor would be the committing of one or more major offence(s).
- Students who receive Fair/Poor conduct grades disqualify themselves from overseas trips, Edusave Awards and other privileges for the next 6 months.
- The School Management may, from time to time, review the school rules and regulations, disciplinary measures and school policies, and make suitable changes to them.
- Students will be informed of the amendments before the new term/semester begins.

## Personal Qualities

The Personal Qualities of students are based on the school values of PRIZE, namely Pride, Responsibility, Integrity, Zeal and Empathy. For each of the values, the home teacher will assess the extent to which each student demonstrated it. The assessment will capture the student's strengths as an individual, as well as the areas where he/she has displayed growing maturity or development.

Core Values/Grade	Descriptors
Pride	Belief in the worth of self, school and community
Responsibility	Fulfilment of duty to self, family, community, nation and the world
Integrity	Honesty in words and actions, and moral courage to stand up for what is right
Zeal	Enthusiasm to learn and pursue one's dreams, persevering even in the face of challenges
Empathy	Ability to understand and feel for others, and show care and compassion

# School Rules and Regulations

## Recognition and Consequences

The school places a strong emphasis on discipline, values inculcation and character-building, besides providing students with quality learning experiences. All good behaviour or exemplary conduct is encouraged and highlighted. Students who demonstrate the PRIZE values or show consistent improvement in behaviour will be nominated for the PRAISE awards. Acts of honesty and civic-mindedness are also shared with the entire school during assembly and the student(s) involved will be commended publicly.

As the school believes in disciplining with care to ensure that the students become positive and responsible citizens, consequences are aimed at correcting undesirable behaviour of students. In supporting the well-being of these students, appropriate counselling is given to the students by the teachers, AED Counselling and DMs.

The list of possible offences and consequences are listed as follows:

### **Minor Offences**

- Latecoming
- Improper Attire and Grooming
- Unsupervised consumption of food and drinks outside the canteen
- Littering
- Skipping lesson / remedial / supplementary / enrichment programmes without valid reasons or leaving school grounds without permission for the first time
- Misuse of handphone, Personal Learning Device and use of other unauthorised electronic devices during curriculum time
- Use of vulgar language
- Some of the possible consequences may include warning, detention, counselling and services to the community. For the misuse of handphone, students may be barred from bringing their handphones to school.

### **Major Offences**

- Malpractice and dishonesty in tests/examinations
- Truancy (Absent from school or CCAs without MC or valid reasons)
- Forgery (e.g., signatures, altering MCs, consent forms, progress reports)
- Abuse of technology
- Theft
- Engaging in physical intimacy with others within or outside school
- Defiance and rudeness to school staff
- Smoking / Vaping / Possession of tobacco related products, e.g., cigarettes, vaporizers, pods, lighters, matches
- Vandalism
- Disruptive behaviours in class
- All forms of bullying
- Fighting / Causing physical harm e.g. assault on schoolmates and staff
- Possession of weapon or any weapon-like item which is used or intended to be used to cause harm to others
- Gangsterism or involvement in secret society activities
- Rioting/unlawful assembly
- Pornography (consumption/possession/distribution/sale of pornographic materials)
- Possession/consumption of drugs (narcotic/synthetic), alcohol or inhalant abuse
- Arson
- Problematic use of ICT and inappropriate online behaviour including voyeurism, trolling or other acts of cyberbullying
- Other criminal offences and inappropriate acts in public that bring disrepute to the school
- Some of the possible consequences may include caning for boys, suspension or expulsion from school. Offences such as sexual misconduct, arson, rioting, possession/consumption of drugs and other criminal offences may warrant police intervention.
- For malpractice and dishonesty in test/exam, students may be given zero marks for the paper. For vandalism, students may need to repair or incur the cost to replace the vandalised items.

# CYBER WELLNESS








Cyber Wellness (CW) refers to the positive well-being of Internet users. It involves an understanding of online behaviour and awareness of how to protect oneself in cyberspace. The focus of CW is about helping students to become discerning and responsible digital learners. When navigating cyberspace, students should demonstrate **respect for self and others** and practise **safe and responsible use**. Students should also be a **positive peer influence** by harnessing technology for collaboration, learning and productivity as well as advocating positive use of technology for the good of the community.

## The 3 Cyber Wellness Key Messages

- Embrace the affordances of technology while maintaining a balanced lifestyle between offline and online activities.
- Be a safe and responsible user of technology and maintain a positive online presence.
- Be responsible for personal well-being in cyberspace.

## Common Examples of Cyber Issues and How to Deal with Them










### 1. Cyber Bullying

What is this cyber issue?			
<p>Cyber bullying occurs when electronic gadgets like mobile phones, computers, social media, and Internet services are used as a means to intentionally hurt someone in cyberspace. There are seven common forms of cyberbullying:</p>			
			
<b>Flaming:</b> Using inflammatory or vulgarities to provoke an online fight	<b>Harassment:</b> Continually sending vicious, mean or disturbing messages or email to an individual	<b>Cyber stalking:</b> Ongoing harassment and denigration that causes a person to feel considerable fear for his/her safety	<b>Denigration:</b> Sending rumours, untrue statements, lies or gossip to hurt a person's reputation
			
<b>Impersonation / Masquerade:</b> Posting offensive or aggressive messages under another person's name and making the person look bad	<b>Trickery:</b> Fooling someone into sharing personal information which is then posted online	<b>Exclusion:</b> Purposefully excluding someone from an online group	
How can I deal with this cyber issue?			
<ol style="list-style-type: none"><li>Do not retaliate or reply to the perpetrator</li><li>Save the evidence</li><li>Block the sender</li><li>Update your privacy settings</li><li>Remove content from online services (e.g. Instagram, Facebook, Snapchat)</li><li>Tell a trusted adult who can help or call a helpline</li><li>Report the incident to the provider of the service</li></ol>			



# CYBER WELLNESS

## 2. Excessive Use Of Internet / Gaming

What is this cyber issue?			
<p>In today's digital age, we are online to chat with family and friends, learn new information, shop, play games and pick up new hobbies. However, when we overindulge or engage excessively in online activities, it can affect other aspects of our daily lives. At times, we may find it difficult to stop ourselves from spending too much time online, or we may feel moody and anxious when we are unable to engage in online activities.</p>			
<p><b>Some signs to watch out for:</b></p>			
 <p>Constantly listens out for the phone when away from it; feels distressed when it cannot be found</p>	 <p>Wakes up in the middle of the night to use the phone, sleep deprivation</p>	 <p>Feels irritable or anxious when not allowed to use the Internet</p>	
 <p>Experiences health issues such as obesity, muscle and joint ache</p>	 <p>Goes online to escape from stress</p>	 <p>Keeps spending more money on online activities</p>	
 <p>Lies about time spent online to family and friends</p>	 <p>Gives up or replaces social events or hobbies for Internet use</p>	 <p>Performs poorly in school due to inability to focus</p>	
How can I deal with this cyber issue?			
<ol style="list-style-type: none"> <li>1. Explore offline activities (e.g. sports, reading, volunteer work, start a new hobby) with friends and family.</li> <li>2. Set a time limit or a schedule for Internet use and/or gaming. Use a timer or an app to keep track and stick to it.</li> <li>3. Create an Internet / game free zone. Disable unnecessary notifications to keep out distractions. Prioritise your tasks and complete them.</li> <li>4. Have a tech-free time between 15 and 30 minutes before your sleep. Switch off all gadgets and/or keep them out of your room.</li> </ol>			

Adapted from Cyber Wellness 101, Ministry of Education.

For more information and resources, go to <https://www.moe.gov.sg/education-in-sg/our-programmes/cyber-wellness>

## MOE Cyber Wellness Framework



### Sense – Think – Act Process

**Sense:** Identify the possible risks of harmful behaviours online and learn how to protect oneself

**Think:** Analyse, evaluate and reflect on the online situation based on the three CW principles

**Act:** Translate understanding into actions so as to be safe and have a positive presence online

# CYBER WELLNESS IN PRSS

**Cyber Wellness (CW) Lessons** are conducted during the AC2E periods in PRSS and seeks to equip students with life-long social-emotional competencies and sound values so that they can become safe, respectful and responsible users of Information Communications Technology (ICT).

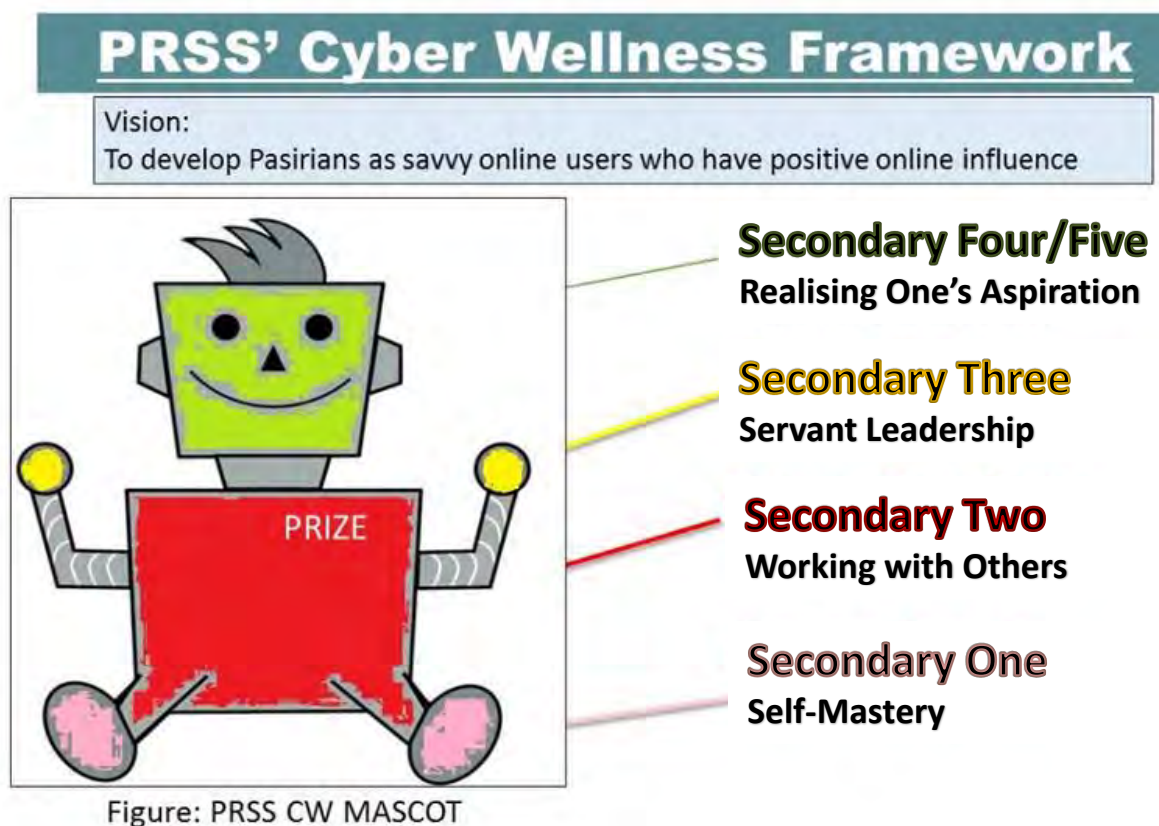
The **Cyber Wellness Champs** in every class further help to advocate CW messages to their classmates through the monitoring of the class WhatsApp chats as well as the sharing reminders with the school on how to keep themselves safe online prior to the term holidays. The CW Champs also conduct the **Cyber Wellness Fest** for the Sec 1s, where they teach their juniors the Cyber Wellness Principles of Respecting Self and Others and Safe and Responsible Use through games.

Pasirians are strongly encouraged to speak to a trusted adult (e.g., parent, Home Teacher, subject teachers, school counsellor) when they, or their peers, are faced with cyber issues.

## Classroom Routines

Students are expected to abide by the set of classroom routines listed below when using their Personal Learning Device (PLD) in school. The routines are intended to guide students in using their PLDs responsibly through good usage habits and handling their devices with care.

## PRSS Cyber Wellness Framework



# Education and Career Guidance

Education and Career Guidance (ECG) is about equipping students with the necessary knowledge, skills and values to make informed decisions at each key education stage for successful transition from school to further education or work, and hence to manage their career pathways and lifelong learning throughout their lives. Through ECG, social emotional competencies and qualities of proactivity, adaptability and resilience are developed to prepare students for the 21st Century.

## GOALS OF ECG

The goals of ECG are to:

- Nurture student's self-awareness and self-directedness to support them in discovering their purpose in life and charting their education and career journey.
- Develop students' growth mindset and work resilience to embrace the need for lifelong learning and career adaptability.
- Build students' understanding of the value of occupations across society and gender equality in career opportunities.
- Equip students with skills and means to positively engage their parents and other career influencers such as teachers, trusted adults and industry partners.

## Key ECG Messages For Students

Who am I? : The more I know about myself, the better my decisions.

- Develop your values, interests, personality and skills (VIPS) throughout life to fulfil your goals and aspirations, through which you can shape the society you want to be a part of in the future

Where do I want to go? There are many pathways with opportunities for continuous learning and recognition.

- Explore the multiple possible education and career options throughout your life.
- Recognise that there are different opportunities you can explore next, regardless of gender or background.

How do I get there? : Be resilient – explore various pathways and be open to possibilities.

- Develop your VIPS continuously to expand opportunities for yourself. Explore how you can tap on such opportunities to pursue your aspirations.
- Take positive steps to embark on and adapt your education and career plans.
- Continue learning throughout your life.
- Stay adaptable and resilient, and view setbacks as opportunities to develop yourself and grow.

# Education and Career Guidance in PRSS

ECG Lessons are conducted during the CCE periods as part of the CCE curriculum to allow students to develop self-awareness, explore possible career pathways and discover various education options. Customised student development experiences such as career talks or fairs, Post-Secondary Education Institution (PSEI) open house visits, etc. also provide students opportunities to explore their interests. Students can also utilise the [MySkillsFuture Student Portal](#) for further exploration.

In-house talks and workshops are also conducted by our ECG Counsellor on Early-Admissions-Exercise (EAE), Direct-Entry-Scheme to Polytechnic Programme (DPP) and Direct School Admission for junior colleges (DSA-JC) to help students prepare in their applications to various PSEIs via these alternative routes.

Our in-house ECG Counsellor is available for consultations every Monday and Thursday. His office is located in the School Library. Pasirians can also book ECG counselling sessions with our in-house ECG Counsellor for both face-to-face or zoom consultations via the following QR code or link:



<https://go.gov.sg/ecgbookingprss>

## **ECG CENTRE @ MOE**

The ECG Centre @ MOE provides ECG counselling services for students during periods such as the release of their GCE N-Level, O-Level and A-Level examination results.

Email: MOE\_ECG@moe.gov.sg

ECG Hotline: +65 6831 1420



# Mental Health and Resilience

Mental well-being is an important aspect of our overall health and development. Having healthy life habits, such as having a healthy diet, exercising regularly, having sufficient sleep and managing screen time, will also contribute to positive mental well-being.

## Why focus on mental wellness?

A focus on mental health and well-being is essential as you are growing up in an increasingly dynamic and complex environment. You need to be able to differentiate between normal stress and distress, and cope with current pressures and future uncertainties by building your resilience, maintaining good mental health and increasing your help-seeking efficacy. With on-going broader efforts in our society to de-stigmatise mental illnesses, you also need to learn how to engage empathetically and responsibly in their social networks and the wider community.

## Mental Health Education in PRSS

Mental Health Education (MHE) builds on the foundation of social and emotional learning to provide you with knowledge, values and competencies to maintain your well-being, better understand common mental health problems and their symptoms, recognise signs of mental distress, know when and how to seek help and support, and develop empathy and care towards people with mental health problems or mental illnesses.

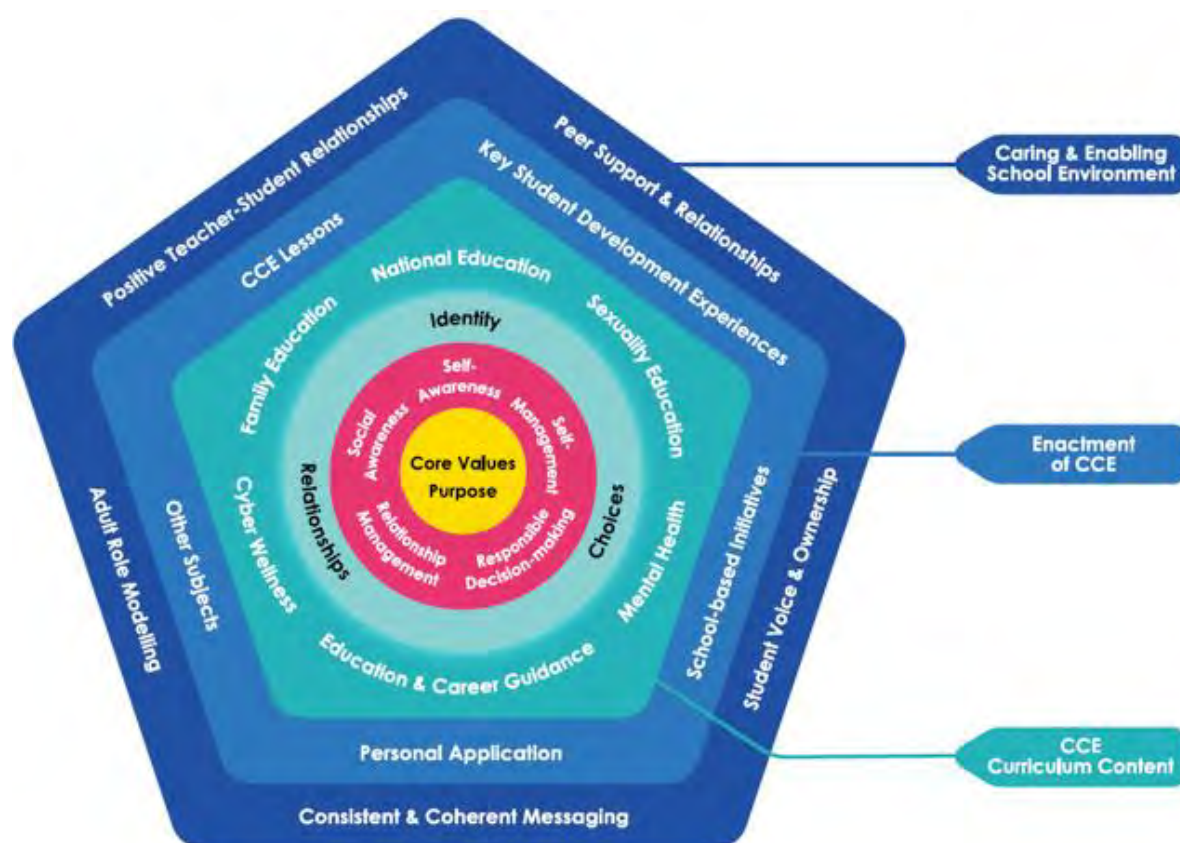


Figure 1: CCE Curriculum Frame

## Broad overview of MH coverage in CCE lessons

Mental Health Education (MHE) goes beyond mental health awareness. MHE provides you with the knowledge, values and competencies to develop and enhance your own mental well-being, and find appropriate support when they experience mental health problems. You will learn to take better care of yourself and others in their families and community. Mental Health is taught explicitly, as well as infused and reinforced in CCE Lessons and Student Development Experiences.



# HOW CAN WE GROW OUR RESILIENCE MUSCLE?

We can build our resilience muscle when we develop our strengths in these 3 areas

Our values, beliefs and attitudes

## I AM...

- grateful
- confident in myself
- learning from failure
- improving with practice
- hopeful for the future
- living out my values

Our skills and strategies

## I CAN...

- think flexibly
- problem-solve
- manage my emotions
- cope positively
- seek help

Care and support from trusted adults and peers

## I HAVE...

- parents / family / caregivers
- teachers
- school counsellors
- friends



# PRSS ASSESSMENT POLICY

## **Intent**

The school's Assessment Policy serves as a guide to the planning and administration of assessment practices in the school. It outlines the assessment standards, guidelines and practices to support student learning and development. It provides guidance on aligning Content, Pedagogy and Assessment to create a learner-centred and balanced assessment system that supports quality teaching and learning.

## **Rationale of assessment**

Assessment is an integral part of our students' learning and development. Assessment is more than just tests and examinations. In the school's strive towards nurturing assessment capable visible learners (ACVL) (Hattie 2011, Frey et. al, 2018), there was greater efforts to steer away from an over-fixation with academic results, and instead promote a love of and for learning in our students. Students who are ACVLs demonstrate a strong sense of ownership over their learning and progress. With the broadened definition of success, assessment serve as a platform for students to check their learning progress in relation to their learning goals. With the implementation of Full-Subject Based Banding (FSBB), there is scope for more enactment of peer and self-assessment in a classroom that promotes inclusivity for different profiles of learners. More specifically, assessments:

- Inform students on their progress in the mastery of knowledge, skills, attitudes and values which are aligned to the outcomes reflected in the curriculum and the co-curriculum;
- Improve student learning and motivation through the provision of timely and regular feedback on students' performance in relation to the success criteria and learning intention;
- Provide meaningful feedback to teachers on students' learning which in turn guide teachers in the design and delivery of their practices; and
- Feeds forward learning by informing students on how they should progress with their learning (Frey et. al, 2018).

## **Assessment Structure**

In ensuring a Balanced Assessment, a combination of Assessment for Learning (AfL), and Assessment of Learning (AoL) is used to assess students' knowledge and skills in a valid, reliable and holistic manner.

AfL in the form of observations and questioning is present in every lesson to check for students' understanding and redirect learning so that the intended learning outcomes are achieved by the students. Students acting as active critical thinkers, make sense of information, relate it to prior knowledge and use it to construct new learning (Earl, 2006).

AoL takes place at appropriate junctures to ascertain what students have learnt and to assess if curricular outcomes have been met. In so doing, it informs teachers, students and parents on the readiness of students in progressing to the next level of studies. The design of AoL, represented by End-of-Year examinations, should be guided by the assessment pitching guidelines provided by Curriculum Policy Office (2020).

## **Modes of assessment**

The school assesses the students holistically and have put in place varied and progressive modes of assessment for both formative and summative purposes. This allows students to demonstrate learning in a variety of ways appropriate to what is being assessed as well as to support the development of 21CC. The school also taps on the affordances of ICT for effective formative assessment. Students are assessed on their participation, development and achievement in the various domains through curricular and co-curricular activities.

# PRSS ASSESSMENT POLICY

## **(a) Assessment in Academic Domain**

The school employs varied modes of assessment to help students develop their subject content, learning dispositions and skills progressively. One of the Key Applications of Technologies (KAT) is AfL where the large range of educational software and applications could be applied to support formative and summative assessments. The results are formally reported under the Weighted Assessment (WA) or End-of-Year Exam components. Examples of such assessment modes include:

- Short quizzes or performance tasks assigned in a physical class or online (e.g via SLS or Google Classrooms)
- Pen-and-paper tests
- Alternative modes of assessments (e.g, performance tasks, authentic assessments)
- All other official modes of formal assessment prescribed by MOE for the different syllabuses including the progressive implementation of e-assessments from 2022. Examples include e-assessment for languages (English and MTL).

In the interest and well-being of students, the alternative modes of assessments are spaced out in an academic year and students manage at most three projects at any point in time. The number of pen-and-paper tests is capped at three per day in alignment to the norm for National Examinations.

## **(b) Assessment for Learning in Character and Citizenship Education (CCE)**

The school adopts a three-pronged approach to assess student development and performance in the area of CCE which include teacher observations, student reflection and peer feedback. This approach is employed throughout the different learning experiences in CCE which include CCE lessons, level camps, Values-in-Action (VIA), Education & Career Guidance (ECG), and student leadership programmes. These assessments contribute to the overall Conduct Grade and Personal Qualities attained by the students at the end of each semester.

- **Conduct Grade (CG)** is a summative grade issued to reflect students' overall behaviour, attitude and progress at school; and
- **Personal Qualities (PQ)** measures the school values that the students have demonstrated highlighting their areas of strength and also areas for further development and growth.

## **(c) Assessment of Physical Education (PE) and Co-Curricular Activities (CCA)**

Assessment in PE is focused in 3 areas – Cognitive, Affective and Psychomotor; with both formative and summative being carried out. Formative assessments in PE focus on the learning outcomes of each PE module and are conducted through self, peer or teacher assessment. Summative assessments, conducted at the end of each semester, focuses on the cognitive (50%) and affective (50%) components of the PE module taught. The cognitive component is covered via a theory paper while the affective component is based on the school's P.R.I.Z.E. values.

## **Assessment Feedback**

Feedback in both quantitative and qualitative forms are given to students are critical to support learning. They are interwoven into the various assessment tasks, in both written and verbal forms. The purpose of feedback is to “progressively close the gap between present and desired performance” (Frey et. al. 2018 citing Hattie 2009). Effective feedback should address the 3 questions:

- Feed Up – Where is the learner going? (the goals as reflected by success criteria and learning intentions)
- Feed Back – How is the learner going to reach his/her goals?
- Feed Forward – What the learner can do next to move forward?

Traditionally, feedback has been provided by teachers. To strengthen students' assessment capability, checklists/rubrics are provided for students to engage in self and peer evaluation.

To ensure effective learning, the feedback on learning is given at regular intervals. The lag time between the performance task and feedback is also minimised so that students could take stock of their progress quickly to adjust their learning directions and methods in a timely manner.



# PRSS ASSESSMENT POLICY

## Assessment Report

### (a) School-Based Assessment – Weighted Assessments & End-of-Year Examination

The removal of mid-year examinations for all levels by 2022 is another step towards fostering the joy of learning and part of ongoing efforts to move away from an overemphasis in academic grades. The school has reviewed and refined its school-based assessments (SBA) to foster student agency and the development of desired learning dispositions.

Weighted Assessment (WA) refers to an assessment where the score forms part of the computation of the student's overall results in a subject for the year. It also serves formative purposes, i.e. to find out how effective the teaching process has been, and to diagnose the strengths and weaknesses of the students, with a view to taking corrective measures where necessary. End-of-Year Examinations (EYEs) are summative in nature and provide a milestone check on the students' learning progress during the year.

Weightings for the various WAs and EYEs are as follows:

#### Sec 1 and 2 subjects with EYE

Level	T1 (WA1)	T2 (WA2)	T3 (WA3)	T4 (EYE)
Sec 1 - 2 English, (Higher) Mother Tongue, Mathematics, Science, Literature in English*, Geography*, History*	15%	15%	15%	55%

\*For History and Geography, WA2 and WA3 are made up of the Historical Inquiry and Geographical Inquiry projects, which collectively makes up 30% of the year's work. 2024 Sec 1 Students taking G1 Humanities will not be sitting for History, Geography and Literature in English.

#### Sec 1 and 2 subjects without EYE

Level	T1	T2	SA1	T3	T4	SA2
Sec 1	Food and Consumer Education	20%	20%	60% (Project)		
	Design & Technology			40% (Project)	-	60% (Project)
	Music	20%	20%	60% (Project)		
	Art			40% (Project)	-	60% (Project)
Sec 2	Food and Consumer Education			20%	20%	60% (Project)
	Design & Technology	20% (Project)	20% (Project)	40% (Project) 20% (Written)		
	Music			40% (Project)	-	60% (Project)
	Art	20%	20%	60% (Project)		

# PRSS ASSESSMENT POLICY

## Sec 3 subjects

Level		T1 (WA1)	T2 (WA2)	T3 (WA3)	T4 (SA2)
Sec 3E/NA/NT	All Subjects *	15%	15%	15%	55%
	Design & Technology, Nutrition and Food Science, Art, EBS	15%	15%	15%	55%
	Part of SA2 is based on coursework				

## Sec 4/5 subjects

Level		T1 (WA1)	T2 (WA2)	T4 (Prelims)
Graduating Classes	All Subjects	15%	15%	70%

## (b) Holistic Reporting

The school seeks to provide regular, timely and meaningful feedback on students' development in both the academic and non-academic areas. The Semestral Reports, Progress Test Reports, Holistic Development Profile (HDP) and Conduct Grade provide parents with a comprehensive picture of their children's progress and learning throughout the year. The holistic feedback reported is as follow:

- Progress Reports (end of Term 1 and Term 3)
  - Tests, projects and assignments as part of WA;
- Semestral Reports (after WA2 and Preliminary/ End-of-Year Examinations respectively)
  - WA and SA (where relevant) results
  - Holistic Development Profile (HDP) and Conduct Grade

## (c) Absence from Exams and Tests

Students who are absent from exams/tests are to submit valid official documentation such as a Medical Certificate from a certified doctor to account for their absence. Students who do not submit valid documentation may be given zero mark for the exams/tests they have missed.

The table below details the awarding of marks for absentees:

MYE/EYE		
S/N	Scenario	Action to be Taken
1	Absent for 50% or less of the paper with valid MC.	Compute the overall marks based on the papers the student has taken and award 'VR' for paper missed
2	Absent for more than 50% of the subject with valid MC.	A 'VR' is to be awarded for the subject.
3	Absent for exam without valid MC.	Zero mark for the paper(s) the student did not take.

# PRSS ASSESSMENT POLICY

## SCHOOL BASED ASSESSMENT (SBA)

### Conduct of examination

All students are expected to be at their best conduct during tests and examinations. Any act that places a student's integrity in question during tests and exams e.g. cheating, attempting to cheat or assisting others in cheating will be treated as a discipline case. Zero mark is given to students found cheating.

- Students are required to attend the flag-raising ceremony during the examination period and attendance will be taken. For students who are only sitting for the second paper of the day, they may report to school 30 minutes before the start of the examination.
- Students should report to the examination venue and be seated at least 15 minutes before the start of the examination.
- Students who are late for the examination are to inform their Home Teachers and report to the General Office. No make-up time will be given for students who are late for the examination. Students who are more than 30 minutes late without a valid reason may not be allowed to take the examination. In the event of a major train disruption, affected students will be given the full duration to sit the paper as long as they arrive before the end of the paper.
- Students must place all their belongings, unauthorised reference materials (e.g. textbooks and notes) and electronic devices (e.g. mobile phones, smart watches, fitness trackers, earphones, tablets) in their bags in front of the classroom or outside the hall. All stationery/belongings (e.g. pencil case, mathematical set, calculators) used during the examination must not have any unauthorised notes/information written on them.
- Students are only allowed to use MOE-approved calculators and electronic dictionaries for the examination. Students should remove their calculator covers and place them in their bags before the examination. Calculators must not have any mathematical formulas, conversion tables and instructions. The original model number and brand of the calculator/ electronic dictionary must be indicated clearly on the devices for verification purposes.
- Students should not use any form of correction fluid/tape during the examination. Students should bring their own stationery (eg. rulers, erasers, brushes, calculators) for the examination. No sharing of stationery/calculator/ electronic dictionary is allowed during the examination.
- Students must not communicate or attempt to communicate with one another or any unauthorised examination personnel inside or outside the examination room.
- Students are not allowed to leave the examination room unescorted or without permission from authorised examination personnel.
- Students who are absent during the examination must produce a medical certificate.
- If a student is unwell before the start of the examination and signs out at the General Office, he/she must submit a medical certificate to his/her Home Teacher upon return to school. If a student signs out after the examination has started, the marks obtained for all questions attempted will count towards the Semestral Assessment grade.
- Students are not allowed to leave the school premises during break time between examination papers, whether the papers are held in the morning or afternoon.

# PRSS ASSESSMENT POLICY

## (A) PROMOTION CRITERIA

Level/Stream	Criteria For Promotion
Sec 1 and 2	<p>All students will generally progress to the next level.</p> <p>Teachers will check in with students and parents to discuss the subjects and respective subject levels that best suit the student.</p> <p>Students may be offered subjects at a more demanding level based on his/her learning progress and interest.</p>
Sec 3NT	A pass in two subjects, one of which should be English Language or Maths
Sec 3NA	A pass in English Language and two other subjects <b>OR</b> A pass in four subjects
Sec 3E	A pass in English Language and two other subjects

## (B) LATERAL TRANSFER TO A MORE CHALLENGING STREAM for 2025 Sec 3 cohort

Level/Stream	Lateral Transfer to	Criteria For Lateral Transfer
3NT	3NA	More than 70% or higher in the average for all subjects and deemed able to cope with the N(A) Course

Note: There is no Lateral Transfer for students from 2024 Sec 1 cohort onwards as stream labels are removed with the implementation of Full Subject Based Banding (FSBB).

## (C) DESCRIPTION OF GRADES

### SEC 1 and 2 G1 subjects AND SEC 3 - 4 NORMAL TECHNICAL

GRADES	MARKS	DESCRIPTION
A	$\geq 75$	Demonstrates very good understanding of the subject
B	70 - 74	
C	60 - 69	Demonstrates good understanding of the subject
D	50 - 59	Demonstrates adequate understanding of the subject
U (E for G1 subjects)	$\leq 49$	Has not met the minimum requirements for the subject



# PRSS ASSESSMENT POLICY

## SEC 1 and 2 G2 subjects AND SEC 3 - 4 NORMAL ACADEMIC

GRADES	MARKS	DESCRIPTION
1	$\geq 75$	Demonstrates very good understanding of the subject
2	70 - 74	
3	65 - 69	Demonstrates good understanding of the subject
4	60 - 64	
5	50 - 59	Demonstrates adequate understanding of the subject
U / (6 for G2 subjects)	$\leq 49$	Has not met the minimum requirements for the subject

## SEC 1 and 2 G3 subjects AND SEC 3 - 4 EXPRESS & SEC 5 NORMAL ACADEMIC

GRADES	MARKS	DESCRIPTION
A1	$\geq 75$	Demonstrates very good understanding of the subject
A2	70 - 74	
B3	65 - 69	Demonstrates good understanding of the subject
B4	60 - 64	
C5	55 - 59	Demonstrates adequate understanding of the subject
C6	50 - 54	
D7	45 - 49	Demonstrates elementary understanding of the subject
E8	40 - 44	
F9	$\leq 39$	Has not met the minimum requirements for the subject

# SUBJECT-BASED BANDING (SBB)

## Intent

Starting SBB at lower secondary levels will better cater to the strength of each student in different subjects and give them a stronger foundation in subjects that they are good at. It is a broad and inclusive approach, creating a more diverse and flexible education system, with opportunities for all.

## Eligibility Criteria

Sec 1 students posted in from 2024 onwards are eligible for G3 and G2 subjects for EL/Math/Sc/MTL, based on their PSLE subject grades. They have a choice to decline the offer. Table 1 shows the PSLE Eligibility Criteria for offering the subjects at the various levels.

Table 1

Indicative Level of Most Subjects at Start of S1	PSLE Standard grade	PSLE Foundation grade	Option to offer subject at
G2	AL 5 or better	-	G3
G1	AL 5 or better	-	G2 / G3
	AL 6	AL A	G2

Sec 1 students who meet the eligibility criteria at Weighted Assessments (WA) may be offered English Language, Mathematics, Science, Mother Tongue Languages at a more demanding level in the next semester. Students reading G1 Humanities may also be offered G2 Humanities at the start of Sec 2, depending on their results in Sec 1.

Table 2 shows the eligibility criteria for offering subjects at more demanding levels at Sec 1 WA2 and EYE examinations. There will be bridging programmes conducted for the students to who joined in as mid-year or end-of-year to close the gaps in their learning.

Table 2

Current Subject level	School-based results (Overall)	Option to offer subject at
G2	<ul style="list-style-type: none"><li>75% or higher in specific subject</li><li>Deemed able to cope with the G3 subject</li></ul>	G3 level from next semester
G1	<ul style="list-style-type: none"><li>75% or higher in specific subject</li><li>Deemed able to cope with the G2 subject</li></ul>	G2 level from next semester

All Sec 1 SBB students will continue to offer the subjects at the more demanding level in Sec 2 unless otherwise advised by the school.

# SUBJECT-BASED BANDING (SBB)

At Sec 2, students will also be able to offer Humanities subjects (Geography, History, and Literature in English) at a more demanding level. The criteria for taking Humanities at a more demanding level will be based on students' aptitude for and interest in these subjects at Sec 1.

Secondary One	Humanities subjects	School-based assessment	Option to offer Humanities at a more demanding level from Secondary Two:
G2	Geography  History  Literature in English	Aptitude and interest for specific subject	G3 Geography, History and/or Literature in English (i.e., can offer one or more Humanities subjects at a more demanding level)
G1	Humanities  Social Studies component  Humanities Exposure Modules (HEMs) in Geography, History and Literature in English	Aptitude in English Language and G1 Humanities	G2 Geography, History and/or Literature in English (i.e., can offer one or more Humanities subjects at a more demanding level)

Only Sec 2 SBB students who have passed their higher-level subjects will be allowed to take subjects at a more demanding level in the upper secondary.

# PERSONALISED DIGITAL LEARNING PROGRAMME (PDLP)

Under the PDLP, every secondary school student will own a school-prescribed personal learning device (PLD). The PDLP will allow students to use the PLDs in tandem with the Singapore Student Learning Space (SLS) to personalise and enhance their learning. The PDLP will also better enable students to acquire digital skills and apply these skills as they navigate an increasingly digitalised world.

At PRSS, all students use a **Google Chromebook** as their PLD. Chromebooks are chosen for their variety of affordances, including seamless learning experiences alongside existing teaching and learning technologies such as the SLS, Google Suite for Education Apps and Microsoft Pro Plus. This device is a touchscreen convertible laptop (i.e. can be used as a laptop or rotated 180o into a tablet) and comes with its own in-built stylus for inking functions. It is also a relatively lightweight and portable device that offers students convenient learning on-the-move.



In addition, all PLDs must be installed with a Device Management Application (DMA) before they can be used in school. The DMA will be uninstalled from the PLD when students graduate/leave the school.

The DMA has three main services:

Mobile Device Management Service	Classroom Management Service	Usage Management Service
Protects your PLD from viruses and allows the installation of relevant apps for learning.	Helps your teacher manage devices during lessons, and to easily share relevant apps, websites and lesson materials.	Protects you from harmful online content, and sets helpful limits on the use of the PLD.

The DMA must be applied to ALL PLDs for in-school PLD use during school hours (7.00 a.m. to 6.00 p.m. on school days). The default sleep hours are set between 11.00 p.m. and 6.00 a.m. daily, during which the PLD will not be available for use to ensure students have ample time to sleep and rest.

All DMA settings will continue by default after school hours, on weekends and during holidays. However, parents may have different needs and preferences for after-school PLD use and may select a different option which will be communicated separately.



# Acceptable Use Policy (AUP)

## For Personal Learning Device & School ICT Resources

Dear Student,

Computing devices and access to the Internet have become a necessity for work, play and learning in the 21st century. As you navigate the digital space, you should do so in a safe and responsible manner.

In addition, you are reminded to observe the guidelines stated in this Acceptable Use Policy (AUP) on the use of personal learning devices (PLDs) and the school's ICT resources. ICT resources include the following, but are not limited to, MOE/school-deployed ICT system accounts, the device management application (DMA) and school's internet network.

### **General**

1. You are responsible for your PLD. In the event of loss or theft of the device, you must make a police report and report the matter to the school.
2. In order to have a seamless learning experience, you should ensure that your PLD is fully charged before bringing it to school. Should you need to charge your PLD in school, you should only do so at the school's designated charging stations in the School Library, during recess and/or after-school hours.
3. All PLDs are installed with a device management application (DMA) to support a safe and conducive learning environment. You should not attempt to uninstall the DMA or de-enroll the PLD from the DMA. Non-compliance may lead to disciplinary action in accordance with the school's discipline policy.
4. You should not attempt to access data, system and information that you are not authorised to.
5. You are reminded that the use of PLDs and school's ICT resources should solely be for the purpose of learning.

### **User Account**

1. You should interact with others in a respectful and responsible way. You should not post online remarks that are
  - racially and/or religiously insensitive,
  - vulgar and/or offensive, or
  - hurtful to others
2. You should not use any devices to
  - store, modify, create or share content (e.g., documents, presentations, pictures and videos) that is inappropriate (e.g. indecent, pornographic, defamatory, hurtful to self or others).
  - make threats, cause harassment or embarrassment, impersonate or intimidate others.
3. You should not use MOE/school-deployed ICT system accounts for any commercial activities (e.g., buying and selling of goods and services).

### **Intellectual Property**

1. You are reminded to obtain explicit permission from the content owner before downloading, copying or sharing any copyrighted materials (e.g., pictures, videos, music).
2. You should not use, copy or share digital files in an unauthorised or illegal manner.

# CHAMPS ROUTINE – USAGE & TAKING CARE OF YOUR PLD

# C

## harge PLD Fully

- ✓ Charge your PLD fully before coming to school



# H

## ighlight Issues

- ✓ Seek help from ICT Champs
- ✓ Inform Teachers if necessary
- ✓ Approach ICT Office for unresolved issues



# A

## lert in Safeguarding PLD & Belongings

- ✓ Do not leave your PLD unattended
- ✓ Carry your PLD in a suitable laptop carrier
- ✓ Protect your PLD from potential hazards



# M

## anage WiFi, Calendar & Online Lessons

- ✓ Check that WiFi is connected to pdlp@SSOE in school
- ✓ Actively learn and be self-directed
- ✓ Keep track of tasks in Google Calendar
- ✓ Complete assignments and activities promptly



# P

## rotect Passwords

- ✓ Remember your passwords and keep them safe
- ✓ Attempt self-reset of passwords first
- ✓ Inform your Teacher / ICT Office after 2 failed logins



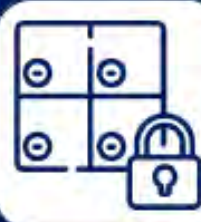
# S

## creendown Fully & Pay Attention

- ✓ Lower your screens and listen carefully when your Teacher is giving instructions or going through lessons



- When I am not in class with my PLD, have I secured it in my PDLP locker?
- Is my PLD ready for my next lesson?



# Blended Learning and Student-Initiated Learning (SIL)

It is important for our students to be equipped with the necessary knowledge, skills and dispositions to thrive in an interconnected, diverse and rapidly-changing world. **Blended Learning** is a key feature of the schooling experience to further develop their ability to be self-directed, passionate and life-long learners. Students will learn what is prescribed by the curriculum through a mix of home-based and in-school activities, and leverage both online and offline approaches to learning. This provides students with more opportunities to learn at their own pace and to be empowered to take charge of their learning.

Through Blended Learning, regularly scheduled HBL days will complement teaching and learning in schools. In PRSS, the HBL days will typically take place fortnightly on **even week Fridays in 2025**. The list of confirmed HBL days will be shared on the school website and via Parents' Gateway at the start of every term.

Students who wish to undergo HBL in school due to the lack of a conducive environment at home can put in their request via their Home Teachers. Students will conduct their learning on HBL Days according to the school's planned schedule, similar to those who are at home.

There is also an emphasis on **student-initiated learning (SIL)**, whereby dedicated time and space will be provided to allow students to exercise agency, explore their interests and passions, both within and beyond the curriculum. In tandem with the shift towards the future economy (i.e. Learn for Life), the following themes (ALPS) were conceptualised to build future-ready competencies for our students.



Scan the QR code for more information on  
SIL.





# Blended Learning and Student-Initiated Learning (SIL)

To encourage students to take greater ownership in their own learning, the SIL Rubrics and S.T.A.R. learning routine can be used to help students manage, monitor and extend their learning to the real-world context.

## STUDENT-INITIATED LEARNING (SIL) RUBRICS

**SIL Objective:** Student exercises agency, explores his/her interests and passions, both within and beyond the curriculum.

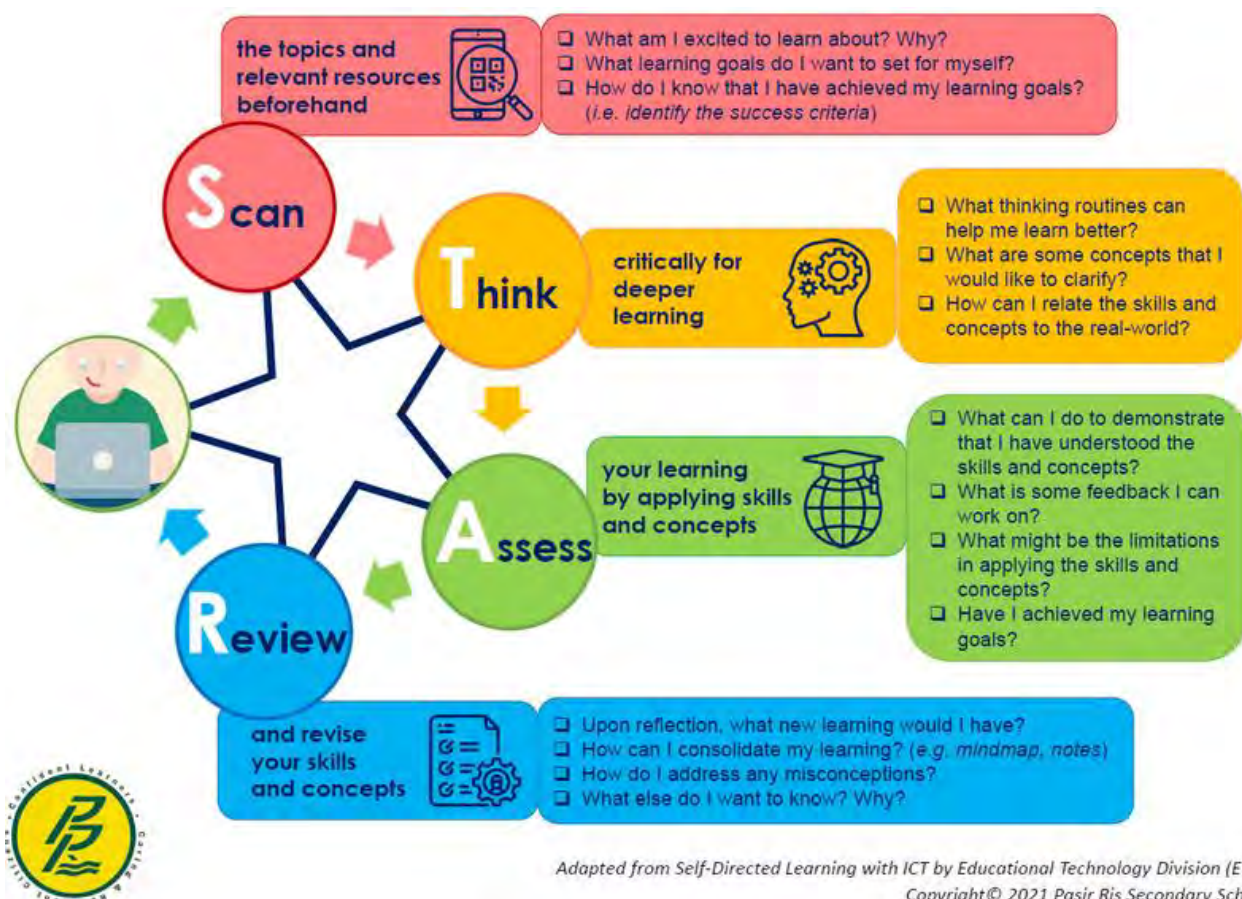
### Points to note:

- For students who wish to explore an area of interest, they can submit their proposal via Google Form to their HT
- Students can reflect on their learning using the following rubrics and submit to their HT upon completion of their SIL.

Learning Outcomes	Put a tick (✓) in the appropriate column		Remarks (if any)
	Yes	No	
1. I took the initiative to plan my own learning in a specific area of interest.			
2. My area of interest is beyond the curriculum / subjects taught in class.			
3. I have learnt a new skill and/or gain new knowledge through the SIL.			
4. I am able to manage my learning and progress throughout the SIL activity.			
5. I enjoy the learning in the SIL activity and would recommend this activity to my friends.			
6. I can use my new knowledge / skills to help others or make a positive difference to the community (please elaborate under remarks column where possible)			

Any other comments/thoughts you would like to share:

.....



Refer to the link for video explanation: <https://tinyurl.com/STARroutine>



# The Co-Curricular Activities (CCA) Programme

The CCA Programme provides students with a platform to discover their interests and talents, as well as to develop CCA-specific knowledge, skills, values and attitudes through sustained participation. CCA participation is **compulsory** for all students in secondary schools. All students are expected to take part in at least one CCA from the four CCA groups, namely, **Sports and Games, Uniformed Groups, Performing Arts and Clubs & Societies**. Students will be graded according to the LEAPS 2.0 system.

## CCA Participation

All students must be enrolled in a CCA throughout their secondary education. Points will be awarded for participation only when attendance rate is above 75%. Students with poor CCA attendance (less than 75%) will be given a conduct grade of fair and their CCA points will not be computed for the year.

All students are encouraged to remain in the CCA assigned to them throughout their secondary education. Changing of CCA will only be considered due to medical reasons. In this case, the LEAPS 2.0 points will not be affected.

Students may participate in more than one CCA on a case by case basis approved by the HOD/ PE & CCA.

## Bonus points for admission to JC / Poly / ITE

Under LEAPS 2.0, students who obtain an 'Excellent' grade in CCA will be given two bonus points while those who obtain a 'Good' grade will be given one bonus point.

### Four CCA Groups

Uniformed Groups	Performing Arts Groups
<ul style="list-style-type: none"><li>• National Cadet Corps (NCC)</li><li>• National Civil Defence Cadet Corps (NCDCC)</li><li>• National Police Cadet Corps (NPCC)</li></ul>	<ul style="list-style-type: none"><li>• Chinese Orchestra</li><li>• Choir</li><li>• Concert Band</li><li>• Drama Club</li><li>• Modern Dance</li></ul>
Sports Groups	Clubs and Society
<ul style="list-style-type: none"><li>• Badminton (Boys)</li><li>• Basketball (Boys &amp; Girls)</li><li>• Floorball (Boys)</li><li>• Football (Boys)</li><li>• Netball (Girls)</li><li>• Volleyball (Boys &amp; Girls)</li></ul>	<ul style="list-style-type: none"><li>• Audio Visual Lights (AVL)</li><li>• Tinkers' Club</li></ul>

Scan the QR for more information on LEAPs 2.0:



# My Values-in-Action Records

Start Date	End Date	Partner Organisation	No. of Hours	Brief Description of Activity	Name of Teacher-in-charge
Total Number of Hours of VIA					



# Class Leaders Committee (CLC)

## Objectives

- To develop class identity and spirit so that the students demonstrate the school motto of Pride and Responsibility.
- To build a sense of belonging to the class by fostering care, concern and cooperation between classmates.
- To look after the well-being of all students in the class and work towards achieving the school vision of Confident Learners, Caring and Resilient Citizens.

## Structure of Class Leaders Committee\*



\*Besides the appointment of CLC, the respective Subject Teachers may also appoint Subject Champions where necessary.

\*\*Unlike other CLC roles, the appointment of Peer Support Leader is based on a two-years term (i.e., students will serve in this role from start of Sec 1 to end of Sec 2 / from start of Sec 3 to end of Sec 4).



# Class Leaders Committee (CLC)

## Roles and Responsibilities

The duties outlined below are general guidelines for further refinement by the respective CLCs.

The **Chairperson** will:

- Work with the Home Teachers to maintain a high standard of discipline and ethos in the class.
- Support Home Teachers in promoting class cohesion through class bonding activities.
- Coordinate and supervise all class activities and programmes.
- Monitor the class climate and report to Home Teachers about the concerns and issues raised by the class.
- Collaborate and support CLC members in their discharge of duties.
- Inform and/or remind the class of important matters, notices and events concerning class or school.
- Convene CLC meetings once a term to discuss class-related matters.
- Assist Home/Subject Teacher during emergency evacuations.

The **Vice-Chairperson** will:

- Support Home Teachers and Chairperson in maintaining a high standard of discipline and ethos in the class.
- Support Home Teachers and Chairperson in promoting class cohesion through class bonding activities.
- Ensure no wastage of resources such as electricity whenever the students leave the classroom and recycling of paper waste.
- Report promptly any faulty fans and/or lights to the General Office.
- Craft out the class duty roster and ensure that duties assigned are carried out by classmates.
- Supervise and coordinate the displays on the class notice board to enhance the class identity and promote awareness of environmental issues.

The **Peer Support Leader** will (more details in the next section):

- Create and sustain a strong sense of belonging within class, CCA, and school.
- Provide a listening ear and emotional and social support to those in distress.
- Provide practical help to those in need (e.g., students with SEN).
- Look out for, befriend and inform teachers of students who are (i) excluded/bullied and (ii) those who need help and are at risk.
- Mediate between peer conflicts.
- Upstand to bullying behaviour.
- Advocate for student overall well-being, as well as positive mindsets and prosocial behaviours.

The **Cyber Wellness Champion** will:

- Attend training and workshops related to cyber-wellness and ICT-related matters.
- Take charge of the setting up of ICT/AV equipment and report promptly faulty ICT/AV equipment to ICT Dept.
- Organise Cyber Wellness Festival and projects with other Cyber Wellness Ambassadors, as well as advocate Cyber Wellness by conducting Cyber Wellness lessons to the home class.
- Advocate the importance of staying safe in the cyber world and cyber-wellness.
- Be a positive role model on these platforms to classmates.
- Support Home Teachers by monitoring the class chat group and social media activities.

The **Environment Champion** will:

- Support Vice-Chairperson to ensure that class duties assigned are carried out by classmates.
- Supervise and coordinate the displays on the class notice board to enhance the class identity and promote awareness of environmental issues.
- Support the Subject Teachers in ensuring adherence to safe distancing measures (when necessary).
- Remind classmates to put on their masks (when necessary).
- Oversees the recycling corner in the classroom and ensures recycling efforts in class.
- Champion causes related to eco-stewardship and environment education.

The respective **Subject Champion** will:

- Advocate the dispositions and traits that are relevant to the subject.
- Assist the Subject Teacher in distributing and collecting lesson-related materials.
- Disseminate subject-related matters, notices and events for the Subject Teacher.
- Raise possible issues and concerns on class learning progress to the Subject Teacher.



# Peer Support Leaders

## Supportive Peer Relationships: Building and Sustaining a Caring School Culture

A caring school culture is one where all members of the school community feel safe and cared for, have a sense of belonging for and feel connected to the school. Students experience a caring school culture primarily through positive teacher-student relationships (TSR) and positive student-student relationships (SSR).

Students contribute to a caring and positive school environment when they look out for one another and provide support to their peers in need. With a peer support mindset, our students are able to create a community of care and support amongst peers. This is important as most adolescents would prefer to draw support and strengths from their peers.

### **The promotion of a peer support mind-set includes:**

- Reduce stigma against help-seeking behaviour
- Encourage students to alert a trusted adult when their friends call for help in crisis situations or when the situation calls for adult/expert intervention
- Sustain a supportive and caring school culture for students, by students

### **Each student will be equipped with skills to:**

- Identify sources of social support in their lives
- Be alert to changes in friends' behaviour and recognise common signs of distress
- Render help to their friends
- Seek help from their friends

In PRSS, this approach moves beyond programmes to focus on developing a supportive mindset where every student is a peer supporter who can look out for and provide help to one another. In addition, to promote a caring school culture, two to four students from each class will be officially nominated as the Peer Support Leader (PSL) and will work alongside members of the Class Leaders Committee. Together with their Home Teachers, they will look into improving and supporting the physical and mental well-being of the class.

PSLs who have exemplified strong leadership qualities may also be recommended to take on the role of a PSL Peer Mentor, where they will work with teachers to spearhead student well-being initiatives to strengthen the caring school culture.



# Student Care Services & Useful Telephone Numbers

## Counselling Service

The school counselling service provides a regular space and time for students to talk about their concerns and difficulties. Counselling is also for students seeking self-improvement, career guidance or coping with changes in their lives.

Providers	Who is it for	Method of Contact
School Counsellor	Students who need someone to talk to about their concerns & difficulties.	6501 0839 (Miss Lorraine Teo) Email Miss Teo at: lorraine_teo_pek_lian@moe.edu.sg
Special Education Needs Officer	Students who need support with special educational needs (SEN).	6501 0839 (Ms Atiqah Nasir) Email Ms Atiqah at: nur_atiqah_nasir@moe.edu.sg
School Education & Career Guidance Counsellor (ECG)	Students who need guidance on their subject choices, post-secondary education options or looking to explore their interests, strengths, and passions.	6501 0763 (Mr Mohd Syahril Samsudin) E-mail Mr Syahril at: mohammed_syahril_samsudin@moe.edu.sg

## Other Useful Numbers

Providers	Who is it for	Telephone
SOS	Individuals who are suicidal or affected by suicide	1800 221 4444
SANA Helpline	Drug abusers, their families and the general public	1800 733 4444
National Addictions Management Service (NAMS)	Treating people with addictions issues	6 732 6837
Care Corner Mandarin Counselling Centre	Mandarin speaking community with family, marital and personal problems	1800 353 5800
Touchline	Youths in need of someone to talk to for emotional support especially for gaming addiction and internet-related issues	1800 377 2252
Tampines Family Service Centre	Individuals who need counselling on personal, financial, emotional or family-related issues	6 787 2001
Pasir Ris Family Service Centre		6 581 2159
Centre for promoting Alternatives to Violence (PAVe)	Families facing violence in need of counselling & support services	6 555 0390
BABES	Unwed teenagers needing support and counselling during pregnancy	1800 833 6666
Pregnancy Crisis Service	Unwed teenagers who face unplanned or unwanted pregnancies	6 339 9770
WE CARE Community Services	Individuals with addiction problems	6 547 5459
Counselling & Care Centre	Individuals with psychological, marital and family problems	6 536 6366
AMP Helpline & Counselling Services	Malay/Muslim families in crises or those who need help	6 416 3960
HELP Family Service Centre	Single parent families needing support	6 457 5188

## Emergency Numbers

Police	999	Fire & Ambulance	995
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# IT'S OKAY TO NOT BE OKAY

HERE'S A HAND. REACH OUT  
WE ARE HERE TO HELP!



[go.gov.sg/prshelpline](https://go.gov.sg/prshelpline)

*Facing a problem?  
Scan the QR code and let it all out.*



# My Reflections (Term 1)

## Assessing my current reality and closing the gaps in my learning

What were your major achievements this term?

Areas to reflect:

1. Study skills & habits
2. Management of distractions
3. Friends
4. Family
5. CCA
6. Strengths and weaknesses

What are the reasons for achieving/not achieving my targets?

List three things you're grateful for from this term

Identify key priorities and goals for the upcoming term.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_



# My Mid-Year Reflection

Assessing my current reality and closing the gaps in my learning

## TOP 5 ACCOMPLISHMENTS

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## WHAT DID I DO WELL?

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## HOW CAN NEXT SEMESTER BE BETTER?

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## BIGGEST LESSON

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## GRATEFUL FOR

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## THE HARDEST THING ABOUT THIS SEMESTER WAS

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## WHAT I NEED TO IMPROVE

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# My Reflections (Term 3)

## Assessing my current reality and closing the gaps in my learning

What were your major achievements this term?

Areas to reflect:

1. Study skills & habits
2. Management of distractions
3. Friends
4. Family
5. CCA
6. Strengths and weaknesses

What are the reasons for achieving/not achieving my targets?

List three things you're grateful for from this term

Identify key priorities and goals for the upcoming term.

- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_
- ☐ \_\_\_\_\_

# My End-Year Reflection

Assessing my current reality and closing the gaps in my learning

## TOP 5 ACCOMPLISHMENTS



## WHAT DID I DO WELL?

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## HOW CAN NEXT YEAR BE BETTER?

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## BIGGEST LESSON

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## GRATEFUL FOR

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## THE HARDEST THING ABOUT THIS YEAR WAS

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## WHAT I NEED TO IMPROVE

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# MY WELL BEING (PIES) CARD

DOMAIN FOR WELL BEING	TARGET	TERM 1	TERM 2	TERM 3	TERM 4
<b>1. PHYSICAL</b> <ul style="list-style-type: none"> <li>• Fitness level e.g., BMI</li> <li>• Eating healthy meals</li> <li>• Having sufficient sleep e.g., 8 hrs per day</li> <li>• Exercise regularly e.g., 3x/wk</li> </ul>					
<b>2. INTELLECTUAL</b> <ul style="list-style-type: none"> <li>• No. of passes</li> <li>• No. of distinctions</li> <li>• Ave /Aggregate score</li> <li>• Learning dispositions I want to improve e.g.,: <ul style="list-style-type: none"> <li>○ Take ownership of my own learning, (i.e., hand in work on time, plan ahead for tests/exams, compile own notes, read up on the subject/topic on my own, etc);</li> <li>○ Communicates clearly and effectively in EL and MTL (speak and write with clarity)</li> <li>○ Becoming a confident learner (e.g., motivated, reflective, self-directed)</li> </ul> </li> </ul>					
<b>3. SOCIAL EMOTIONAL</b> <ul style="list-style-type: none"> <li>• Manage my emotions</li> <li>• Peer Relations (managing friendship issues)</li> <li>• Time management</li> <li>• Cultivating good habits</li> </ul>					
<b>4. CCA PARTICIPATION</b> <ul style="list-style-type: none"> <li>• Attendance</li> <li>• Skills to learn</li> <li>• Projects/competitions to manage</li> <li>• Training juniors</li> </ul>					
<b>5. CONDUCT</b> <ul style="list-style-type: none"> <li>• Demonstration of <ul style="list-style-type: none"> <li>○ Pride</li> <li>○ Responsibility</li> <li>○ Integrity</li> <li>○ Zeal</li> <li>○ Empathy</li> </ul> </li> </ul>					
For Lower Sec Only IPW Grade					



# USEFUL STUDY TIPS FOR STUDENTS

## ① TAKE NOTES

An effective method to conceptualise what you have learnt in class is to have good and effective note-taking skills.

**The ability to take good study notes during lessons will help you in recalling and understanding the content you are learning because:**

- You are consistently paying close attention to your teacher's teaching.
- You are thinking of how to make sense of what you are writing on the notepad.
- You are trying to make relevant connections between topics.
- You want the notes to be a point of reference during revision.

There are two methods of note-taking:

- a) Drawing of mind maps
- b) Charting and Outlining

You should explore and find the one that is suitable for your learning style.

### a) Mind maps

Mind maps are represented in diagrams, usually carries a central idea and associated ideas surrounding them. It is a useful technique as it has the potential to bridge relationships between topics. This may be particularly useful for topics with a lot of information.

#### Steps to designing your own mind map

Step 1: You will need your PLD (blank document) or blank paper (A4, A3 size).

Step 2: Writing materials (e.g., Highlighters, coloured pens, stickers).

Step 3: As your teacher is teaching, write the main topic at the centre of the document/paper.

Step 4: You will branch off from the main topic for subtopics.

Step 5: You will note any important points to each subtopic.

Step 6: You should continue this cycle as long as the lesson is ongoing.

### b) Charts and Outlines

Charts and outlines help you to organise notes with headings and bullet point/point forms. For this method, columns are created to outline and organise the information taught during the lesson.

#### Steps to designing your very own chart

Step 1: You will need your PLD (blank document) or blank paper (A4).

Step 2: You will start by writing the main topic at the top of the document/paper.

Step 3: You will begin by writing the first subtopic at the extreme left side and listing the content in a single bullet point below it.

Step 4: You will gradually create more columns (towards to right side) once your teacher introduces you to more sub-topics.

# USEFUL STUDY TIPS FOR STUDENTS

## 2 INDEPENDENT STUDY

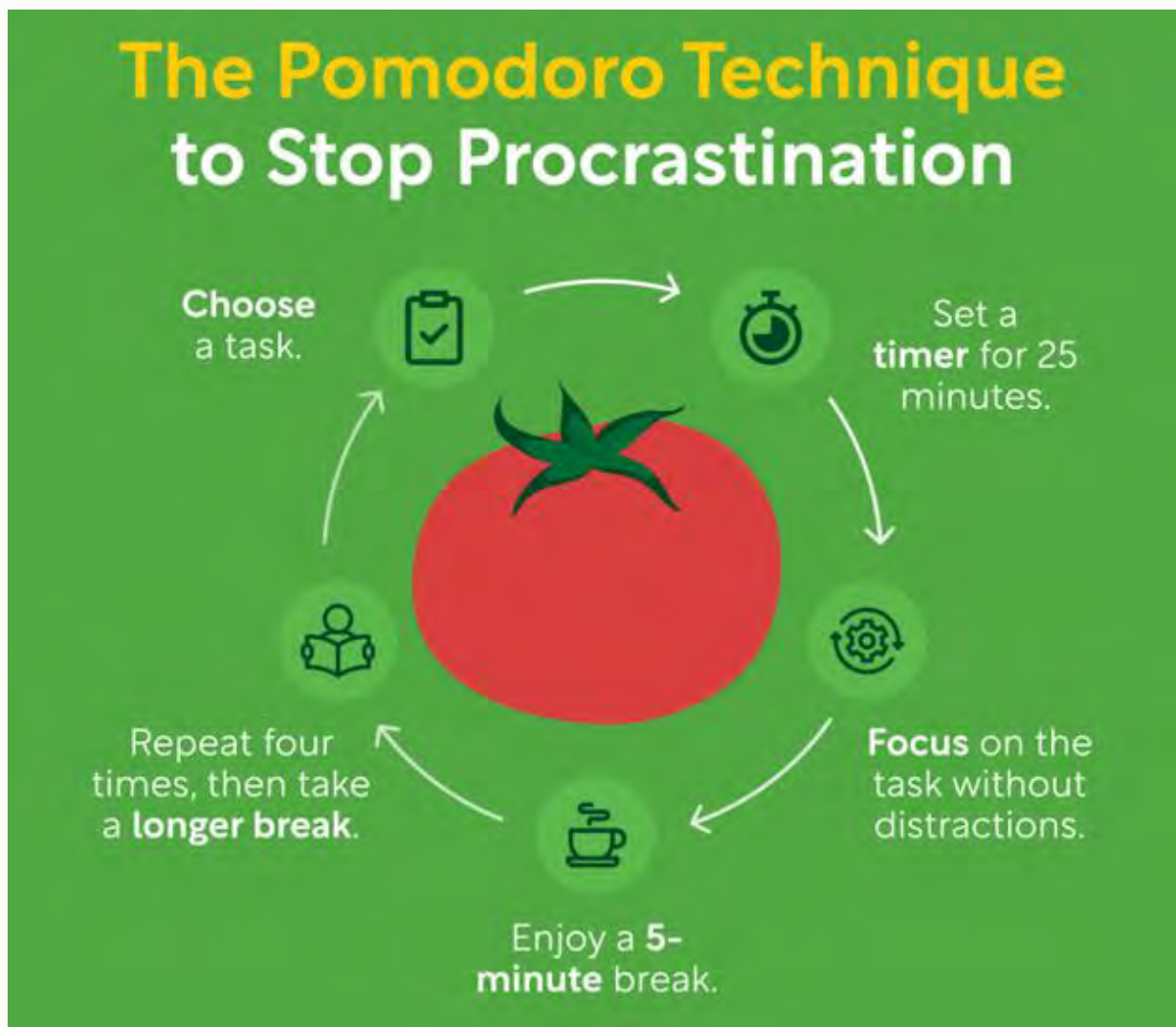
Studying alone at home helps you to minimise possible distractions and encourages you to focus better and discover your learning style.

### WHY IS IT IMPORTANT TO MINIMISE DISTRACTIONS WHILE STUDYING?

When you are studying alone at home, you will face fewer distractions than studying in a group or a public place. This could allow you to pace your learning and improve your focus, minimizing time wasted on random chatting that may happen when you study in groups.

### WHY DO I NEED A PERSONAL STUDY ENVIRONMENT?

A personal study environment allows you to create your very own study space. Studying alone allows you to explore study tactics that are the most effective to suit your own learning style. You might encounter topics that require some time to understand, and studying alone allows you the time and space to conceptualise what your teacher has taught during lesson.



# TIPS ON HOW YOU CAN BE MORE PRODUCTIVE

## 1. List down the tasks you are required to act on and complete

Regardless of the timeline or the due date, it is important to note down every single task that you are supposed to complete/accomplish in a planner.

## 2. Take note of the deadlines

When you have noted down every task in your planner, you will have a clearer picture of what should come first on the list and complete them. You should set reminders of the deadlines in advance too. The reminders will prompt you to complete the task before it is due.

## 3. Complete the important tasks first

Classify each task into four quadrants based on importance and urgency — important and urgent (do now), important but not urgent (schedule), not important but urgent (delegate), and not important and not urgent (eliminate). [Google **'Eisenhower Matrix'** to find out more]

## 4. SETTING SMART GOALS

SMART is an acronym that you can use to guide your goal setting. To make sure your goals are clear and feasible, each one should be:

- **S**pecific (simple, sensible, significant).
- **M**easurable (meaningful, motivating).
- **A**chievable (agreed, attainable).
- **R**elevant (reasonable, realistic and resourced, results-based).
- **T**ime-bound (time-based, time-limited, time/cost limited, timely, time-sensitive).

<b>S</b>	<b>Specific</b> <i>What exactly do you want to achieve?</i>
<b>M</b>	<b>Measurable</b> <i>How will you track your advancement?</i>
<b>A</b>	<b>Attainable</b> <i>Evaluate the feasibility of your goal.</i>
<b>R</b>	<b>Relevant</b> <i>How does it fit into your broader objectives?</i>
<b>T</b>	<b>Time-bound</b> <i>What is the deadline?</i>

# LEVEL 1

Pasir Ris  
Secondary  
School

ECO  
Garden





January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			01	02	03	04
05	06	07	08	09	10	11
12	13	14	15	16	17	18
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February

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March

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April

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May

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June

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September

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November

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December

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28	29	30	31			

# School Terms and Holidays 2025

## School Calendar 2025

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### Semester 1

<b>Term 1</b>	Thu 2 Jan to Fri 14 Mar
<b>Term 2</b>	Mon 24 Mar to Fri 30 May

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### Semester 2

<b>Term 3</b>	Mon 30 Jun to Fri 5 Sep
<b>Term 4</b>	Mon 15 Sep to Fri 21 Nov*

\*The last day of the final school term for schools which will be used as venues for the GCE O-Level written examinations, will be Friday, 24 October 2025.

## School Holidays 2025

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### Semester 1

<b>Between Terms 1 and 2</b>	Sat 15 Mar to Sun 23 Mar
<b>Between Semesters 1 and 2</b>	Sat 31 May to Sun 29 Jun

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### Semester 2

<b>Between Terms 3 and 4</b>	Sat 6 Sep to Sun 14 Sep
<b>At End of School Year</b>	Sat 22 Nov to Wed 31 Dec

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# School Terms and Holidays 2025

## Scheduled School Holidays 2025

<b>Youth Day</b>	**Sun 6 Jul
<b>Teachers' Day</b>	Fri 5 Sep

\*\*The following Mon 7 Jul will be a school holiday

## Public Holidays 2025

### Term 1

<b>New Year's Day</b>	Wed 1 Jan
<b>Chinese New Year</b>	Wed, Thu 29, 30 Jan

### Term 2

<b>Hari Raya Puasa</b>	Mon 31 Mar
<b>Good Friday</b>	Fri 18 Apr
<b>Labour Day</b>	Thu 1 May
<b>Vesak Day</b>	Mon 12 May

### Term 3

<b>Hari Raya Haji</b>	***Sat 7 Jun
<b>National Day</b>	****Sat 9 Aug

### Term 4

<b>Deepavali</b>	Mon 20 Oct
<b>Christmas Day</b>	Thu 25 Dec

\*\*\*Mon, 9 Jun will be a designated day off-in-lieu (DOIL). Schools will be closed, including the General Office, Student Care Centres and KCare Centres.

\*\*\*\*Mon, 11 Aug will be a school holiday and a designated day off-in-lieu (DOIL). Schools will be closed, including the General Office, Student Care Centres and KCare Centres.

# WELLNESS TRACKER

January

TERM 1 WEEK 0

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

M

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S

## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Term 1 Week 0 Planner

SUNDAY

Date: 29 Dec

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MONDAY

Date: 30 Dec

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TUESDAY

Date: 31 Dec

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WEDNESDAY

Date: 1 Jan

☐ New Year's Day

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☐ \_\_\_\_\_

☐ \_\_\_\_\_

THURSDAY

Date: 2 Jan

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FRIDAY

Date: 3 Jan

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SATURDAY

Date: 4 Jan

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○ \_\_\_\_\_

## PRIORITIES

[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

January

TERM 1 WEEK 1

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 1 Week 1 Planner

## PRIORITIES

SUNDAY

Date: 5 Jan

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MONDAY

Date: 6 Jan

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TUESDAY

Date: 7 Jan

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WEDNESDAY

Date: 8 Jan

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THURSDAY

Date: 9 Jan

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FRIDAY

Date: 10 Jan

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SATURDAY

Date: 11 Jan

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

January

TERM 1 WEEK 2

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Term 1 Week 2 Planner

SUNDAY

Date: 12 Jan

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MONDAY

Date: 13 Jan

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TUESDAY

Date: 14 Jan

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WEDNESDAY

Date: 15 Jan

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THURSDAY

Date: 16 Jan

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FRIDAY

Date: 17 Jan

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SATURDAY

Date: 18 Jan

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## PRIORITIES

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○	_____
○	_____
○	_____
○	_____

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

January

TERM 1 WEEK 3

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 1 Week 3 Planner

SUNDAY

Date: 19 Jan

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MONDAY

Date: 20 Jan

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TUESDAY

Date: 21 Jan

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WEDNESDAY

Date: 22 Jan

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THURSDAY

Date: 23 Jan

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FRIDAY

Date: 24 Jan

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○ \_\_\_\_\_

SATURDAY

Date: 25 Jan

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○ \_\_\_\_\_

## PRIORITIES

[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

January / February

TERM 1 WEEK 4

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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S

## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Term 1 Week 4 Planner

SUNDAY

Date: 26 Jan

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MONDAY

Date: 27 Jan

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TUESDAY

Date: 28 Jan

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WEDNESDAY

Date: 29 Jan

☐ Chinese New Year

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THURSDAY

Date: 30 Jan

○ Chinese New Year

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FRIDAY

Date: 31 Jan

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SATURDAY

Date: 1 Feb

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## PRIORITIES

[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

## February

TERM 1 WEEK 5

### SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

### GRATITUDE LIST

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### HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 1 Week 5 Planner

SUNDAY

Date: 2 Feb

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MONDAY

Date: 3 Feb

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TUESDAY

Date: 4 Feb

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WEDNESDAY

Date: 5 Feb

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THURSDAY

Date: 6 Feb

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FRIDAY

Date: 7 Feb

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SATURDAY

Date: 8 Feb

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## PRIORITIES

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○	_____
○	_____
○	_____
○	_____
○	_____

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

## February

TERM 1 WEEK 6

### SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

### GRATITUDE LIST

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### HABIT TRACKER

S M T W T F S

Sleep for 7-8 hours

☐ ☐ ☐ ☐ ☐ ☐ ☐

Drink 8 glasses of water

☐ ☐ ☐ ☐ ☐ ☐ ☐

Had some exercise

☐ ☐ ☐ ☐ ☐ ☐ ☐

Eat healthy meals

☐ ☐ ☐ ☐ ☐ ☐ ☐

Walk outside for 10 mins

☐ ☐ ☐ ☐ ☐ ☐ ☐

Read a book for 20 mins

☐ ☐ ☐ ☐ ☐ ☐ ☐

Catch up with family

☐ ☐ ☐ ☐ ☐ ☐ ☐



# Term 1 Week 6 Planner

SUNDAY

Date: 9 Feb

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MONDAY

Date: 10 Feb

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TUESDAY

Date: 11 Feb

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WEDNESDAY

Date: 12 Feb

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THURSDAY

Date: 13 Feb

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FRIDAY

Date: 14 Feb

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SATURDAY

Date: 15 Feb

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## PRIORITIES

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

February

TERM 1 WEEK 7

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 1 Week 7 Planner

SUNDAY

Date: 16 Feb

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MONDAY

Date: 17 Feb

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TUESDAY

Date: 18 Feb

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WEDNESDAY

Date: 19 Feb

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THURSDAY

Date: 20 Feb

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FRIDAY

Date: 21 Feb

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SATURDAY

Date: 22 Feb

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## PRIORITIES

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○	_____
○	_____

## REMINDER

NEXT WEEK

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## Notes

# WELLNESS TRACKER

February / March

TERM 1 WEEK 8

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 1 Week 8 Planner

SUNDAY

Date: 23 Feb

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MONDAY

Date: 24 Feb

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TUESDAY

Date: 25 Feb

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WEDNESDAY

Date: 26 Feb

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THURSDAY

Date: 27 Feb

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FRIDAY

Date: 28 Feb

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SATURDAY

Date: 1 Mar

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## PRIORITIES

[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes



# WELLNESS TRACKER

March

TERM 1 WEEK 9

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 1 Week 9 Planner

SUNDAY

Date: 2 Mar

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MONDAY

Date: 3 Mar

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TUESDAY

Date: 4 Mar

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WEDNESDAY

Date: 5 Mar

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THURSDAY

Date: 6 Mar

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FRIDAY

Date: 7 Mar

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SATURDAY

Date: 8 Mar

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## PRIORITIES

[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

March

TERM 1 WEEK 10

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

M

T

W

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S

## HABIT TRACKER

S M T W T F S

Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 10 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 20 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 1 Week 10 Planner

SUNDAY

Date: 9 Mar

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MONDAY

Date: 10 Mar

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TUESDAY

Date: 11 Mar

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WEDNESDAY

Date: 12 Mar

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THURSDAY

Date: 13 Mar

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FRIDAY

Date: 14 Mar

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SATURDAY

Date: 15 Mar

○ Term 1 School Holiday

## PRIORITIES

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

March

TERM 1 SCHOOL HOLIDAY

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to music	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise breathing exercises	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat your favourite meal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your workspace	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write a journal	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Do a fun activity/hobby	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

S M T W T F S

Sleep for 7-8 hours

☐ ☐ ☐ ☐ ☐ ☐ ☐

Drink 8 glasses of water

☐ ☐ ☐ ☐ ☐ ☐ ☐

Had some exercise

☐ ☐ ☐ ☐ ☐ ☐ ☐

Eat healthy meals

☐ ☐ ☐ ☐ ☐ ☐ ☐

Walk outside for 10 mins

☐ ☐ ☐ ☐ ☐ ☐ ☐

Read a book for 20 mins

☐ ☐ ☐ ☐ ☐ ☐ ☐

Catch up with family

☐ ☐ ☐ ☐ ☐ ☐ ☐



# Term 1 School Holiday

SUNDAY

Date: 16 Mar

○ Term 1 School Holiday

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MONDAY

Date: 17 Mar

○ Term 1 School Holiday

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TUESDAY

Date: 18 Mar

☐ Term 1 School Holiday

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WEDNESDAY

Date: 19 Mar

☐ Term 1 School Holiday

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THURSDAY

Date: 20 Mar

☐ Term 1 School Holiday

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FRIDAY

Date: 21 Mar

☐ Term 1 School Holiday

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SATURDAY

Date: 22 Mar

☐ Term 1 School Holiday

○ \_\_\_\_\_

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## PRIORITIES

[illegible]

## REMINDER


NEXT WEEK

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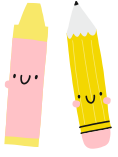
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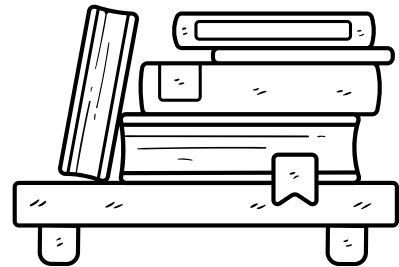
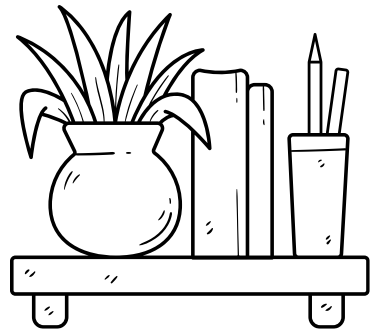
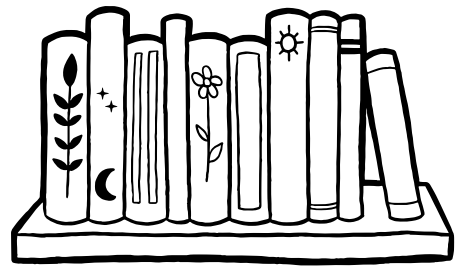
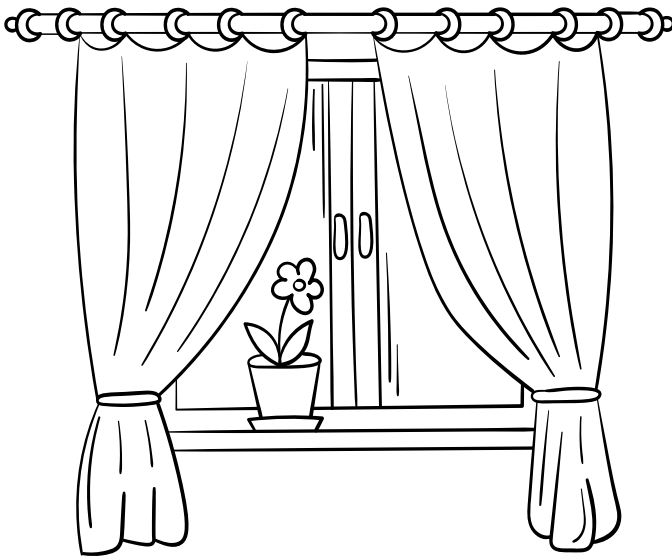
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## Notes

# Holiday Reading Tracker



Read a book and colour one of the books on the shelves.



Total Books  
Read

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# WELLNESS TRACKER

March

TERM 2 WEEK 1

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Write down your thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Practise deep breathing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Go to bed 30 minutes earlier	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretch for 10 minutes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Declutter your files/space	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Take a power nap	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
M	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
T	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
W	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
T	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
F	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
S	<input type="text"/>	<input type="text"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Drink 8 glasses of water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Had some exercise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Eat healthy meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk outside for 15 mins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Read a book for 30 mins	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Catch up with family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# Term 2 Week 1 Planner

## PRIORITIES

SUNDAY

Date: 23 Mar

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MONDAY

Date: 24 Mar

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TUESDAY

Date: 25 Mar

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WEDNESDAY

Date: 26 Mar

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THURSDAY

Date: 27 Mar

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FRIDAY

Date: 28 Mar

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SATURDAY

Date: 29 Mar

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

March / April

TERM 2 WEEK 2

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down your thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretch for 10 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Declutter your files/space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a power nap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Term 2 Week 2 Planner

## PRIORITIES

## PRIORITIES

SUNDAY

Date: 30 Mar

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MONDAY

Date: 31 Mar

○ Hari Raya Puasa

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TUESDAY

Date: 1 Apr

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WEDNESDAY

Date: 2 Apr

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THURSDAY

Date: 3 Apr

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FRIDAY

Date: 4 Apr

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SATURDAY

Date: 5 Apr

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

April

TERM 2 WEEK 3

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
<u>Social media break</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Write down your thoughts</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Practise deep breathing</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Go to bed 30 minutes earlier</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Stretch for 10 minutes</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Declutter your files/space</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Take a power nap</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

M

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F

S

## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 2 Week 3 Planner

## PRIORITIES

SUNDAY

Date: 6 Apr

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MONDAY

Date: 7 Apr

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TUESDAY

Date: 8 Apr

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WEDNESDAY

Date: 9 Apr

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THURSDAY

Date: 10 Apr

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FRIDAY

Date: 11 Apr

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SATURDAY

Date: 12 Apr

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## REMINDER

NEXT WEEK

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## Notes

# WELLNESS TRACKER

April

TERM 2 WEEK 4

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
<u>Social media break</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Write down your thoughts</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Practise deep breathing</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Go to bed 30 minutes earlier</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Stretch for 10 minutes</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Declutter your files/space</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Take a power nap</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 2 Week 4 Planner

## PRIORITIES

SUNDAY

Date: 13 Apr

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MONDAY

Date: 14 Apr

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TUESDAY

Date: 15 Apr

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WEDNESDAY

Date: 16 Apr

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THURSDAY

Date: 17 Apr

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FRIDAY

Date: 18 Apr

☐ Good Friday

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SATURDAY

Date: 19 Apr

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[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes



# WELLNESS TRACKER

April

TERM 2 WEEK 5

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down your thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretch for 10 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Declutter your files/space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a power nap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 2 Week 5 Planner

## PRIORITIES

SUNDAY

Date: 20 Apr

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MONDAY

Date: 21 Apr

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TUESDAY

Date: 22 Apr

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WEDNESDAY

Date: 23 Apr

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THURSDAY

Date: 24 Apr

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FRIDAY

Date: 25 Apr

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SATURDAY

Date: 26 Apr

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## REMINDER


NEXT WEEK

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# Notes

# WELLNESS TRACKER

April

TERM 2 WEEK 5

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down your thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretch for 10 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Declutter your files/space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a power nap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# WELLNESS TRACKER

April / May

TERM 2 WEEK 6

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down your thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretch for 10 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Declutter your files/space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a power nap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 2 Week 6 Planner

## PRIORITIES

SUNDAY

Date: 27 Apr

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MONDAY

Date: 28 Apr

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TUESDAY

Date: 29 Apr

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WEDNESDAY

Date: 30 Apr

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THURSDAY

Date: 1 May

☐ Labour Day

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FRIDAY

Date: 2 May

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SATURDAY

Date: 3 May

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## REMINDER

[illegible]

NEXT WEEK

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## Notes



# WELLNESS TRACKER

May

TERM 2 WEEK 7

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down your thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretch for 10 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Declutter your files/space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a power nap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	_____	_____	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 2 Week 7 Planner

## PRIORITIES

SUNDAY

Date: 4 May

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MONDAY

Date: 5 May

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TUESDAY

Date: 6 May

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WEDNESDAY

Date: 7 May

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THURSDAY

Date: 8 May

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FRIDAY

Date: 9 May

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SATURDAY

Date: 10 May

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## REMINDER

NEXT WEEK

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# Notes

# WELLNESS TRACKER

May

TERM 2 WEEK 8

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
<u>Social media break</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Write down your thoughts</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Practise deep breathing</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Go to bed 30 minutes earlier</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Stretch for 10 minutes</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Declutter your files/space</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Take a power nap</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

S M T W T F S

Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 2 Week 8 Planner

## PRIORITIES

SUNDAY

Date: 11 May

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MONDAY

Date: 12 May

○ Vesak Day

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TUESDAY

Date: 13 May

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WEDNESDAY

Date: 14 May

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THURSDAY

Date: 15 May

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FRIDAY

Date: 16 May

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SATURDAY

Date: 17 May

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[illegible]

## REMINDER

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NEXT WEEK

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## Notes

# WELLNESS TRACKER

May

TERM 2 WEEK 9

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down your thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretch for 10 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Declutter your files/space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a power nap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 2 Week 9 Planner

## PRIORITIES

SUNDAY

Date: 18 May

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MONDAY

Date: 19 May

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TUESDAY

Date: 20 May

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WEDNESDAY

Date: 21 May

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THURSDAY

Date: 22 May

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FRIDAY

Date: 23 May

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SATURDAY

Date: 24 May

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[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes



# WELLNESS TRACKER

May

TERM 2 WEEK 10

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Write down your thoughts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stretch for 10 minutes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Declutter your files/space	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Take a power nap	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 2 Week 10 Planner

SUNDAY

Date: 25 May

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MONDAY

Date: 26 May

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TUESDAY

Date: 27 May

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WEDNESDAY

Date: 28 May

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THURSDAY

Date: 29 May

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FRIDAY

Date: 30 May

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SATURDAY

Date: 31 May

☐ Mid-Year School Holiday

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## PRIORITIES

[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# MID-YEAR HOLIDAY PLANNER

## JUNE 2025

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7 Hari Raya Haji	8
9 Hari Raya Haji	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



REMINDER

TOP PRIORITIES

TO DO LIST

# 30-Day Self Care Challenge

 Drink more water	 Practise Yoga	 Go to bed on time	 Go Outside	 Set a mini goal
 Explore a new place	 Learn a new skill	 Start a new hobby	 Take a walk	 Make some crafts
 Play with your pet	 Take a bath	 Finish a puzzle	 Listen to a podcast	 Watch the sunset
 Sit in nature	 Do 30 Sit Ups	 Spark some creativity	 Watch a movie	 Pamper yourself
 Be a volunteer	 Face massage	 Spark some creativity	 Turn your phone off	 Eat cupcakes
 Do a DIY project	 Order a favourite meal	 Practise gratitude	 Take a nap	 Write a journal

# WELLNESS TRACKER

June / July

TERM 3 WEEK 1

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celebrate your progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Review your goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to a calming playlist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 1 Planner

## PRIORITIES

SUNDAY

Date: 29 Jun

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MONDAY

Date: 30 Jun

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TUESDAY

Date: 1 Jul

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WEDNESDAY

Date: 2 Jul

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THURSDAY

Date: 3 Jul

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FRIDAY

Date: 4 Jul

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SATURDAY

Date: 5 Jul

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## REMINDER

NEXT WEEK

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# Notes



# WELLNESS TRACKER

July

TERM 3 WEEK 2

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celebrate your progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Review your goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to a calming playlist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 2 Planner

## PRIORITIES

SUNDAY

Date: 6 Jul

○ Youth Day

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MONDAY

Date: 7 Jul

☐ Youth Day

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TUESDAY

Date: 8 Jul

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WEDNESDAY

Date: 9 Jul

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THURSDAY

Date: 10 Jul

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FRIDAY

Date: 11 Jul

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SATURDAY

Date: 12 Jul

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

July

TERM 3 WEEK 3

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
<u>Social media break</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Celebrate your progress</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Practise deep breathing</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Go to bed 30 minutes earlier</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Review your goals</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Organise your study notes</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Listen to a calming playlist</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 3 Planner

## PRIORITIES

SUNDAY

Date: 13 Jul

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MONDAY

Date: 14 Jul

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TUESDAY

Date: 15 Jul

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WEDNESDAY

Date: 16 Jul

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THURSDAY

Date: 17 Jul

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FRIDAY

Date: 18 Jul

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SATURDAY

Date: 19 Jul

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## REMINDER

NEXT WEEK

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## Notes

# WELLNESS TRACKER

July

TERM 3 WEEK 4

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celebrate your progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Review your goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to a calming playlist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 4 Planner

## PRIORITIES

SUNDAY

Date: 20 Jul

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MONDAY

Date: 21 Jul

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TUESDAY

Date: 22 Jul

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WEDNESDAY

Date: 23 Jul

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THURSDAY

Date: 24 Jul

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FRIDAY

Date: 25 Jul

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SATURDAY

Date: 26 Jul

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## REMINDER

NEXT WEEK

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## Notes

# WELLNESS TRACKER

July / August

TERM 3 WEEK 5

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
<u>Social media break</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Celebrate your progress</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Practise deep breathing</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Go to bed 30 minutes earlier</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Review your goals</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Organise your study notes</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Listen to a calming playlist</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Term 3 Week 5 Planner

## PRIORITIES

SUNDAY

Date: 27 Jul

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MONDAY

Date: 28 Jul

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TUESDAY

Date: 29 Jul

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WEDNESDAY

Date: 30 Jul

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THURSDAY

Date: 31 Jul

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FRIDAY

Date: 1 Aug

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SATURDAY

Date: 2 Aug

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[illegible]

## REMINDER

NEXT WEEK

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## Notes

# WELLNESS TRACKER

August

TERM 3 WEEK 6

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celebrate your progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Review your goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to a calming playlist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 6 Planner

## PRIORITIES

SUNDAY

Date: 3 Aug

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MONDAY

Date: 4 Aug

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TUESDAY

Date: 5 Aug

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WEDNESDAY

Date: 6 Aug

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THURSDAY

Date: 7 Aug

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FRIDAY

Date: 8 Aug

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SATURDAY

Date: 9 Aug

☐ National Day

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

August

TERM 3 WEEK 7

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celebrate your progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Review your goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to a calming playlist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 7 Planner

## PRIORITIES

SUNDAY

Date: 10 Aug

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MONDAY

Date: 11 Aug

☐ National Day

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TUESDAY

Date: 12 Aug

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WEDNESDAY

Date: 13 Aug

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THURSDAY

Date: 14 Aug

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FRIDAY

Date: 15 Aug

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SATURDAY

Date: 16 Aug

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## REMINDER

NEXT WEEK

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## Notes

# WELLNESS TRACKER

August

TERM 3 WEEK 8

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celebrate your progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Review your goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to a calming playlist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 8 Planner

## PRIORITIES

SUNDAY

Date: 17 Aug

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MONDAY

Date: 18 Aug

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TUESDAY

Date: 19 Aug

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WEDNESDAY

Date: 20 Aug

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THURSDAY

Date: 21 Aug

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FRIDAY

Date: 22 Aug

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SATURDAY

Date: 23 Aug

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## REMINDER

NEXT WEEK

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## Notes



# WELLNESS TRACKER

August

TERM 3 WEEK 9

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Celebrate your progress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Review your goals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Listen to a calming playlist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 9 Planner

## PRIORITIES

SUNDAY

Date: 24 Aug

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MONDAY

Date: 25 Aug

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TUESDAY

Date: 26 Aug

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WEDNESDAY

Date: 27 Aug

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THURSDAY

Date: 28 Aug

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FRIDAY

Date: 29 Aug

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SATURDAY

Date: 30 Aug

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## REMINDER

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NEXT WEEK

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## Notes

# WELLNESS TRACKER

August / September

TERM 3 WEEK 10

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
<u>Social media break</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Celebrate your progress</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Practise deep breathing</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Go to bed 30 minutes earlier</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Review your goals</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Organise your study notes</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Listen to a calming playlist</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 Week 10 Planner

SUNDAY

Date: 31 Aug

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MONDAY

Date: 1 Seo

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TUESDAY

Date: 2 Sep

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WEDNESDAY

Date: 3 Sep

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THURSDAY

Date: 4 Sep

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FRIDAY

Date: 5 Sep

☐ Teachers' Day

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SATURDAY

Date: 6 Sep

☐ Term 3 School Holiday

## PRIORITIES

[illegible]

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

September

TERM 3 SCHOOL HOLIDAY

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
<u>Social media break</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Celebrate your progress</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Practise deep breathing</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Go to bed 30 minutes earlier</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Review your goals</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Organise your study notes</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<u>Listen to a calming playlist</u>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 3 School Holiday

SUNDAY

Date: 7 Sep

☐ Term 3 School Holiday

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MONDAY

Date: 8 Sep

○ Term 3 School Holiday

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TUESDAY

Date: 9 Sep

☐ Term 3 School Holiday

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WEDNESDAY

Date: 10 Sep

☐ Term 3 School Holiday

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THURSDAY

Date: 11 Sep

☐ Term 3 School Holiday

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FRIDAY

Date: 12 Sep

☐ Term 3 School Holiday

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SATURDAY

Date: 13 Sep

☐ Term 3 School Holiday

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## PRIORITIES

[illegible]

## REMINDER

[illegible]

NEXT WEEK

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# Notes

# Holiday Weekly Study Planner

Time	Monday	Tuesday	Wednesday
9:00 am			
10:00 am			
11:00 am			
12:00 pm			
1:00 pm			
2:00 pm			
3:00 pm			
4:00 pm			
5:00 pm			

Time	Thursday	Friday	Note
9:00 am			
10:00 am			
11:00 am			
12:00 pm			
1:00 pm			
2:00 pm			Homework
3:00 pm			
4:00 pm			
5:00 pm			



# WELLNESS TRACKER

September

TERM 4 WEEK 1

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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S

## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 4 Week 1 Planner

## PRIORITIES

SUNDAY

Date: 14 Sep

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MONDAY

Date: 15 Sep

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TUESDAY

Date: 16  
Sep

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WEDNESDAY

Date: 17 Sep

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THURSDAY

Date: 18 Sep

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FRIDAY

Date: 19 Sep

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SATURDAY

Date: 20 Sep

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

September

TERM 4 WEEK 2

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S	<input type="text"/>
M	<input type="text"/>
T	<input type="text"/>
W	<input type="text"/>
T	<input type="text"/>
F	<input type="text"/>
S	<input type="text"/>

## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 4 Week 2 Planner

## PRIORITIES

SUNDAY

Date: 21 Sep

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MONDAY

Date: 22 Sep

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TUESDAY

Date: 23 Sep

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WEDNESDAY

Date: 24 Sep

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THURSDAY

Date: 25 Sep

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FRIDAY

Date: 26 Sep

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SATURDAY

Date: 27 Sep

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

September / October

TERM 4 WEEK 3

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Term 4 Week 3 Planner

## PRIORITIES

SUNDAY

Date: 28 Sep

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MONDAY

Date: 29 Sep

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TUESDAY

Date: 30 Sep

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WEDNESDAY

Date: 1 Oct

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THURSDAY

Date: 2 Oct

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FRIDAY

Date: 3 Oct

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SATURDAY

Date: 4 Oct

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## REMINDER

NEXT WEEK

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## Notes

# WELLNESS TRACKER

October

TERM 4 WEEK 4

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## Term 4 Week 4 Planner PRIORITIES

## PRIORITIES

SUNDAY

Date: 5 Oct

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MONDAY

Date: 6 Oct

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TUESDAY

Date: 7 Oct

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WEDNESDAY

Date: 8 Oct

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THURSDAY

Date: 9 Oct

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FRIDAY

Date: 10 Oct

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SATURDAY

Date: 11 Oct

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

October

TERM 4 WEEK 5

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

M

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S

## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 4 Week 5 Planner

## PRIORITIES

SUNDAY

Date: 12 Oct

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MONDAY

Date: 13 Oct

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TUESDAY

Date: 14 Oct

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WEDNESDAY

Date: 15 Oct

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THURSDAY

Date: 16 Oct

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FRIDAY

Date: 17 Oct

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SATURDAY

Date: 18 Oct

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## REMINDER

NEXT WEEK

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## Notes

# WELLNESS TRACKER

October

TERM 4 WEEK 6

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 4 Week 6 Planner

## PRIORITIES

SUNDAY

Date: 19 Oct

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MONDAY

Date: 20 Oct

○ Deepavali

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TUESDAY

Date: 21 Oct

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WEDNESDAY

Date: 22 Oct

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THURSDAY

Date: 23 Oct

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FRIDAY

Date: 24 Oct

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SATURDAY

Date: 25 Oct

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## REMINDER

NEXT WEEK

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# Notes

# WELLNESS TRACKER

October / November

TERM 4 WEEK 7

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Term 4 Week 7 Planner

## PRIORITIES

SUNDAY

Date: 26 Oct

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MONDAY

Date: 27 Oct

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TUESDAY

Date: 28 Oct

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WEDNESDAY

Date: 29 Oct

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THURSDAY

Date: 30 Oct

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FRIDAY

Date: 31 Oct

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SATURDAY

Date: 1 Nov

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[illegible]

## REMINDER

[illegible]

NEXT WEEK

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# Notes

# WELLNESS TRACKER

November

TERM 4 WEEK 8

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



# Term 4 Week 8 Planner

## PRIORITIES

SUNDAY

Date: 2 Nov

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MONDAY

Date: 3 Nov

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TUESDAY

Date: 4 Nov

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WEDNESDAY

Date: 5 Nov

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THURSDAY

Date: 6 Nov

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FRIDAY

Date: 7 Nov

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SATURDAY

Date: 8 Nov

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

November

TERM 4 WEEK 9

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

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## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Term 4 Week 9 Planner

## PRIORITIES

SUNDAY

Date: 9 Nov

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MONDAY

Date: 10 Nov

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TUESDAY

Date: 11 Nov

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WEDNESDAY

Date: 12 Nov

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THURSDAY

Date: 13 Nov

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FRIDAY

Date: 14 Nov

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SATURDAY

Date: 15 Nov

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## REMINDER

[illegible]

NEXT WEEK

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## Notes

# WELLNESS TRACKER

November

TERM 4 WEEK 10

## SELF-CARE ACTIVITY

	S	M	T	W	T	F	S
Social media break	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Give yourself a compliment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Practise deep breathing	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Go to bed 30 minutes earlier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Perform an act of kindness	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Organise your study notes	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reflect on your growth	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## SLEEP TRACKER

	TIME SLEPT	HOURS SLEPT	ENERGY LEVEL
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
M	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
W	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
T	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
F	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>
S	<input type="text"/>	<input type="text"/>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>

## GRATITUDE LIST

S

M

T

W

T

F

S

## HABIT TRACKER

	S	M	T	W	T	F	S
Sleep for 7-8 hours	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Drink 8 glasses of water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Had some exercise	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eat healthy meals	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Walk outside for 15 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Read a book for 30 mins	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Catch up with family	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

# Term 4 Week 10 Planner

SUNDAY

Date: 16 Nov

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○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

MONDAY

Date: 17 Nov

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

TUESDAY

Date: 18 Nov

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

WEDNESDAY

Date: 19 Nov

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

THURSDAY

Date: 20 Nov

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

FRIDAY

Date: 21 Nov

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

○ \_\_\_\_\_

SATURDAY

Date: 22 Nov

○ End-Year School Holiday

## PRIORITIES

<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	
<input type="radio"/>	

## REMINDER

[illegible]

NEXT WEEK

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## Notes

# END-YEAR HOLIDAY PLANNER

## NOVEMBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



REMINDER

### TOP PRIORITIES

### TO DO LIST



# 30 DAY Health Challenge

Drink some  
juice

Drink a lot  
of water

Eat six small  
meals a day

Eat more  
fruits

Drink herbal  
tea

Eat  
mindfully

Avoid  
salt

Don't eat  
processed  
foods

Laugh and  
smile

Buy yourself  
a gift

Take a cold  
shower

Walk more

Try a new  
exercise

Eat more  
vegetables

Soak up  
Vitamin D

Cook at  
home

Spend a  
day by the  
seaside

Spend  
mindfully

Don't eat  
past 7 pm

Stretch

Buy a herb  
plant

Use  
sunscreen

Take the  
stairs

Sleep for  
eight hours

Don't eat  
refined  
sugar

Focus on  
your  
posture

Give up  
sweetened  
drinks

Avoid  
saturated  
fats

Eat more  
proteins

Have a  
healthy  
snack

# END-YEAR HOLIDAY PLANNER

## DECEMBER 2025

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas Day	26	27	28
29	30	31				

 REMINDER .....

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TOP PRIORITIES

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TO DO LIST

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# Wellness

## 30-Day Holiday Challenge

Tidy your workspace	Take a different route	Read a non-fiction book	Start a dream journal	Go to bed earlier
Watch a film	Try a new cuisine	Listen to classical music	Plan a holiday	Practise yoga
Try a DIY Project	Watch the sunrise	No phone day	Self-care day	Try a DIY Project
Stretch	Read a book	Explore a new city	Go outside your comfort zone	Make moodboard
Go to bed earlier	Start a new hobby	Make time for exercise	Read a newspaper	Watch the sunset
Visit a museum	Learn a new skill	Create your ideal future	Do nothing	Go outside

# **Artist Impression**

**Title:** Balanced Symphony

**Medium:** Marker and watercolour on Paper

**Artist name:** Shah Indra (4T7, 2024)

In my Zentangle art, I delve into the meditative interplay of patterns, precision, and improvisation. Zentangle is more than a technique; it is a journey into mindfulness and creative expression. By drawing intricate patterns within defined spaces, I create a visual symphony where every line and shape contributes to a harmonious whole.

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