



RISE & SHINE HABIT TRACKER

Setting goals and establishing good habits help me become an
💡 Innovative Thinker, 🏔️ Resilient Achiever, and 🤝 Self-Aware Learner.

Habits	Mon	Tue	Wed	Thu	Fri
Evening Routine:					
Screens turned off by: _____ pm					
Go to bed at: _____ pm					
Morning Routine:					
Departure time:					

Goals

1. I will:
2. I will:
3. I will:
4. I will:
5. I will:

Ideas

- Set a regular bedtime, evening & morning routines.
- Limit screen time before bed for restful sleep.
- Lay clothes out the night before.
- Set alarm.
- Eat a nutritious breakfast.
- Set morning departure time.
- Avoid non-essential absences.

