

## MY #1 GOAL FOR THE DAY:

### ORGANIZATION CLASS

- Watch Lisa on Facebook page
- Watch lesson in Kids Program
- Watch Lisa live in Kids Facebook Group

### MY DAY

- 8 AM
- 9 AM
- 10 AM
- 11 AM
- 12 PM
- 1 PM
- 2 PM
- 3 PM
- 4 PM
- 5 PM
- 6 PM
- 7 PM
- 8 PM
- 9 PM

### BUILD YOUR BRAIN

- Complete homework assignments
- Do something creative  
*(Write a story, color, draw, sing, dance)*
- Read a book  
*(One chapter or a timed 20 minutes)*

### BUILD YOUR BODY

- Play outside for 1 hour  
*(Ride bikes, skateboard, go for a walk, play tag, shoot hoops, draw with sidewalk chalk, build a fort, have a race)*

### BUILD UP SOMEONE ELSE

- Do something helpful for a family member
- Draw or write a thank you card to a friend, relative, or sibling
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