



| Task | Week () | Notes | Week () | Notes | Week () | Notes | |
|--|----------|-------|----------|-------|----------|-------|--|
| Self-management | | | | | | | |
| I planned, checked my to-do list and completed it | | | | | | | |
| I got up on time in the morning | | | | | | | |
| I exercised for 30 minutes daily | | | | | | | |
| I read for 30 minutes daily | | | | | | | |
| I completed one mindfulness activity | | | | | | | |
| Cultivate Growth Mindset | | | | | | | |
| I learnt one new thing each day | | | | | | | |
| I completed one act of kindness each day | | | | | | | |
| I appreciated nature each day | | | | | | | |
| I did some self-reflection each day | | | | | | | |
| I organised or participated in a family meeting | | | | | | | |
| I wrote about a special or interesting thing each day | | | | | | | |
| Study | | | | | | | |
| I attended Qs online class to a high standard | | | | | | | |
| I completed Qs homework to a high standard | | | | | | | |
| I attended day school online class to a high standard | | | | | | | |
| I completed day school homework to a high standard | | | | | | | |
| I practiced music efficiently and effectively (if applicable) | | | | | | | |
| Family responsibility | | | | | | | |
| I cleaned up my bedroom | | | | | | | |
| I completed my household duties (Cleaning, cooking, washing, gardening etc.) | | | | | | | |
| I helped someone when they requested it | | | | | | | |
| Manner | | | | | | | |
| I respect others. I appreciated family members' work and efforts. | | | | | | | |
| I talk politely and maintain eye contact | | | | | | | |
| I avoided uses my devices during meals | | | | | | | |