

Name:

# Do Now Chart

Date:	Monday									
How are you feeling?	1	2	3	4	5	6	7	8	9	10
Weekly Goal:										
Daily Objective:										
Do Now:										

Date:	Tuesday									
How are you feeling?	1	2	3	4	5	6	7	8	9	10
Daily Gratitude:										
Daily Objective:										
Do Now:										

Date:	Wednesday									
How are you feeling?	1	2	3	4	5	6	7	8	9	10
Daily Affirmation:										
Daily Objective:										
Do Now:										

Date:	<b>Thursday</b>									
How are you feeling?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
What would make today great?										
Daily Objective:										
Do Now:										

Date:	<b>Friday</b>									
How are you feeling?	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Weekly Goal Reflection:										
Do Now:										