



Week of semester	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							

Items to be included in my schedule each semester:

- Assignment due dates + study/assignment completion time prior to due date
 - Technology may be used during this time to complete assessment and school-related correspondence.
- Homework
- Sport practice and games
- Extra curricula commitments: for example, dance, debate, extra lessons, music practice, volunteer
- Employment – part-time work obligations
- Chores
- Technology and the Internet – times when Internet use is allowed (including gaming, social networking, and viewing online such as YouTube)
- Technology OFF times (although these can be adjusted as required with parent intervention)—INCLUDES your phone!
- Unstructured free time (It's good for the brain to be bored!)
- Family time – family dinner at the table with no technology (once a week, every night?)
- Time with friends (in person)



Some of the items on the list above can be filled out in advance; others will be added as you go. [Keep track of when you actually use technology.](#)

We all know balance is necessary. What do you do to maintain balance in your life?

Just make sure you know where your time goes and that your use of technology is balanced rather than continuous.

School holiday arrangements

During school holidays, I commit to the following:

- No more than _____ hours of Internet use (including all forms of gaming, social networking, web surfing, TV watching) **per day**
- A break away from technology after _____ hours
- Chores and projects to achieve during the holidays _____
- Fitness goals over the holiday _____
- Technology off time at _____
- Things you want to do over the holidays, away from technology _____