# Weekday Checklist 工作日评估表 Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please complete the following options with respect to the fact.  
请如实填写下表。  
  
*\* This form should be only approved on the review section in the evening!*

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| When did I get up? [ ] 8:00及8:00前（4） [ ] 8:30前（3） [ ] 9:00前（2）       [ ] 9:30前（1） [ ] 10:00前后（0）   How long have I sleep last night? [ ] 9h+（4） [ ] 8h+（3） [ ] 7h+（2）[ ] 6h+（1）[ ] other（0）  How long have I speed in toilet?  [ ] less than 10 mins(2) [ ] other(0)  How well am I brush my teeth?  [ ] >2mins(2) [ ] <2mins(1) [ ] no(0)  How well am I wash my face?  [ ] pure water(1) [ ] no(0)   Have I eaten my breakfast well?  [ ] egg(1) meal(1) hot(1)  Have I rinse my mouth after breakfast?  [ ] yes (1) [ ] no(0)   Have I go out for a walk > 10 mins in the morning？ [   ] Yes 是(4)              [   ] No 否(0)   How long have I worked effectively in the morning?  [ ] 3h(4) [ ]2h(3) [ ]1h(2) [ ]less than 1h(0)   What is the “safe”time for eyes when working in the morning?  [ ] 3h(4) [ ]2h(3) [ ]1h(2) [ ]less than 1h(0)   How about the lunch?  [ ] meat(1) meal(1) vegetable(2) hot(1) milk(1)   How long have you nap?  [ ] 30mins(3) [ ]20mins(2) [ ]10min or >1h(1) [ ]less than 10mins(0)   How long have I worked effectively in the afternoon?  [ ] 3h(4) [ ]2h(3) [ ]1h(2) [ ]less than 1h(0)   What is the “safe”time for eyes when working in the afternoon?  [ ] 3h(4) [ ]2h(3) [ ]1h(2) [ ]less than 1h(0)   Have I go out for a walk > 10 mins in the afternoon？ [   ] Yes 是(4)              [   ] No 否(0)   What is the distance have you run today?  [ ] 3km(4) [ ]2km(3) [ ]1km(2) [ ].5km(1) [ ]less than .5km(0)   How many sit-up have you done today?  [ ]75+(3) [ ]60+(2) [ ]30+(1) [ ]less than 30(0)   How many push-up have you done today?  [ ]20+(2) [ ]10+(1) [ ]less than 10(0)   How about the dinner?  [ ] meat(1) meal(1) vegetable(1) hot(1) soup(1)  Have I rinse my mouth after dinner?  [ ] yes (1) [ ] no(0)  Have I gone to makert of bought any food today？ [   ] Yes 是(1)              [   ] No 否(0)  Is there a revision session？ [   ] Yes 是(2)              [   ] No 否(0)   Have I wrote any blog？ [   ] Yes 是(1)              [   ] No 否(0)   Is eye safe in the night？ [   ] Yes 是(3)              [   ] No 否(0)  Have I clear the desktop today?  [ ] yes(1) [ ] no(0)  Have I drop the litter backet today?  [ ] yes(1) [ ] no(0)  Have I clean my room today?  [ ] yes(2) [ ] no(0)  Have I take a shower today?  [ ] yes(1) [ ] no(0)  Have I eaten fruit today?  [ ] yes(3) [ ] no(0)  Have I drink milk before sleep?  [ ] yes(1) [ ] no(0)  How well am I brush my teeth?  [ ] >2mins(2) [ ] <2mins(1) [ ] no(0)  How well am I wash my face?  [ ] pure water(1) [ ] no(0)   Have I took a foot bath today？ [   ] Yes 是(2)              [   ] No 否(0)   Have I read any book today？ [   ] Yes 是(3)              [   ] No 否(0)   Is there an interaction with Hao?  [ ] wechat text interaction>2times(2) [ ]video/audio chatting>10mins begin before 21:30(2) after 21:30(1)   Is there an interaction with Mom?  [ ] have chat>5min && <20min(2) [ ] have chat<5min || >20min(1) [ ] no(0)   Is there an interaction with Dad?  [ ] have chat>5min && <20min(2) [ ] have chat<5min || >20min(1) [ ] no(0)   Is there an interaction with Friends?  [ ] long-time no contact friend(3) [ ] Any Friend(2) [ ] no(0) |
| What is the total mark？ [   ] / 100  If the score is higher than 90, I got another 50 marks!  If the score is less than 40, then minus 20 marks! |
| Am I get on bed and be ready to sleep before 10pm?  [ ] yes(10) [ ] no(0)  Am I use the phone after 11pm?  [ ] yes(-10) [ ] no(0)  If eye is not safe?  [ ] yes(-20) [ ] no(0)  If continue 3+days more than 3km?  [ ] yes(30) [ ] no(0)  If continue 3+days sleep before 10pm?  [ ] yes(40) [ ] no(0) |
| Phone usage: Bilibili:  知乎:  Video:  Wechat:  Total Unnecessary ussage:  Score costs: |
| What is the final mark for today？ [   ] / 230 |

**Yimian’s Signature / 签名: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date / 日期: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**