# Daily Checklist 每日评估表 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!*

|  |
| --- |
| When did I get up （If today is weekend, choose the first one）? [ ] 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）   Have I eaten my breakfast well?  [ ] egg(1) meal(1) milk(1) hot(1)  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?  [ ] with care product(2) [ ] pure water(1) [ ] no(0)   Have I eaten my breakfast well?  [ ] egg(1) meal(1) milk(1) hot(1)   Have I go out for a walk > 10 mins？ [   ] 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)   How long have you nap?  [ ] 30mins(3) 20mins(2) 10min(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)   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?  [ ] 90+(4) 75+(3) 60+(2) 30+(1) less than 30(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)  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 drop the litter backet today?  [ ] yes(1) [ ] no(0)  Have I clean my room today?  [ ] yes(2) [ ] no(0)  Have I wash any clothes 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(3) [ ] no(0)  How well am I brush my teeth?  [ ] >2mins(2) [ ] <2mins(1) [ ] no(0)  How well am I wash my face?  [ ] with care product(2) [ ] pure water(1) [ ] no(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) |
| What is the total mark？ [   ] |

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

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