Schedule	Where	What	Overall, energy needed	Overall, my energy level was	Tools I Used
Starting my Day	Homeroom Outside  Speech office OT gym  Resource classroom Gym  Different classroom Desk  Hallway  Other places:	Morning Announcements/ Pledge of Allegiance  Locker  Calendar  Bathroom  Other activities:	maxed out/frenzied settled / calm  settled / calm  settled / calm  settled / calm  sleepy/still  sleepy/still  facused/purposeful  asleep  I don't know	enaxed out if renzied settled / calm  settled / calm  settled / calm  settled / calm  sleepy/still  facound ipurposeful  I don't know  Anything else:	Help from others  Fidgets/handheld  Stretching  Schedule  Other tools / supports:
Morning Block	Homeroom Outside  Speech office OT gym  Resource classroom Gym  Different classroom  Other places:	Math  Technology  Writing  Music  Library  Reading  My job:  Art  I learned:  Other activities:	maxed-out/frenzied  settled/calm  settled/ca	resourced outs/freezied settled/calm  settle	Help from others  Fidgets/handheld  Stretching  Schedule  Other tools / supports:

## My School Day Date:

Lunch Block	Classroom Cafeteria Different classroom Other places:	Ate  Drank  Talked  Other activities:	manued out if trensied settled / calm  settled / calm  settled / calm  settled / calm  sicepy/still  floured i/purposeful  I don't know	settled / calm  settled / calm	Help from others  Fidgets/handheld  Stretching  Schedule  Other tools / supports:
Afternoon Block	Homeroom Outside  Speech office OT gym  Resource classroom Gym  Different classroom	Math  Technology  Writing  Music  Library  Reading  My job:  Art  I learned:  Other activities	maxed out/frensied settled / calm  settled / calm  settled / calm  settled / calm  sleepy/still  sleepy/still  focused/purposeful saleep  I don't know	maxed out frensied settled raim  settled raim  settled raim  setylety sleepy/still  facused /purposeful asleep  I don't know  Anything else:	Help from others  Fidgets/handheld  Stretching  Schedule  Other tools / supports:
Plans for After School:	Outside Other Plans:	/ideo games Play	Store TV		Art Technology

Schedule	Where	What	Overall, energy needed	Overall, my energy level was	Tools I Used
After School	Outside	Video games A Run		settled / calm	Help from others
	Home	Play Technology	maxed-out/frenzied settled/calm	maxed out frenzied	Fidgets/handheld
	Store	TV Read	amped-up/fidgety sleepy/still	amped up/ tridgety steepy/still.	Stretching
	Park	Art arride	focused/purposeful solvep	focused /parposeful asleep	Schedule
	<b>E</b> Library	Other activities:	I don't know	I don't know  Anything else:	Other tools / supports:
	Other places :			runytiming elser	
Dinner	Home	Ate	maxed-out/frenzied settled/calm	maxed out/freuzied	Help from others
	<b>Other house</b>	Drank	amped-up/fidgety	amped-up/fidgety	Fidgets/handheld
	<b>₹ §</b> Restaurant	<b>♀</b> ≒ Talked	(S)	amped-up/fidgety	Stretching
	On the road	Other activities:	focused/purposeful asseep	focused/purposeful  I don't know	RECEIPT Schedule
	Other places:		I don't know	Anything else:	Other tools / supports:
Plans for school tomorrow:	Read 🝃 L	ibrary Art Techn	ology <b>T</b> alk	A PE Music	
	Other Plans or ways to prepare:				

