

Name: _____

My plan for becoming a work-from-home champion!

Timetable for the day (Monday – Friday)	
8.30	
9.30	
10.00	
11.00	
11.30	
12.30	
1.00	
2.00	
2.30	
3.30	
4.00	

If I want to challenge myself with my school subjects, here are the extra things I can do:

The exercise I will do every week is (minimum 3 hours):

- 1.
- 2.
- 3.

The most important ways I can help around the house are:

Creative things I will do to relax are:

I know that normally I struggle with...

So my strategy for helping myself with this is...

Here are my 3 golden rules for not getting distracted whilst I work:

- 1.
- 2.
- 3.

Signature: _____