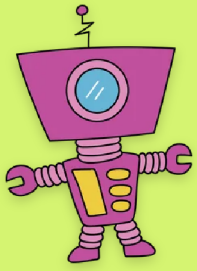
SEL · GOAL SETTING · GRADES 3–5

Make Time for My Goal

Map out your after-school week hour by hour, then find the best time for your goal and color it in.



Name: _____ **Date:** _____

My goal: _____ **Minutes I need each day:** _____

Write what you already do after school. Then find a time for your goal and color it in.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00					
4:00					
5:00					
6:00					
7:00					
8:00					

The best time for my goal is: _____

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