

Choose some times during the week when you can use Prep. Write the events listed on the left into the morning, afternoon or evening time slots.

- Prep before the day
- Home relationships
- School relationships
- Homework
- Social media
- Sports
- Driving to school
- Tests
- Schoolwork
- Other

🕒 weekly Prep Calendar							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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