|  |
| --- |
| Week of mm/dd |



|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Monday |  |  | Tuesday |  |
|  | CLass | assignment |  | class | assignmnt |
| 8:oo |  |  |  |  |  |
| 9:00 |  |  |  |  |  |
| 10:00 | Take a Break! | Go outside! |  | Take a Break! | Check in with/ facetime friends |
| 11:00 |  |  |  |  |  |
| 12:00 | Make lunch! | Drink water and stay hydrated! |  | Make lunch! | Drink water and sty hydrated! |
| 1:00 |  |  |  |  |  |
| 2:00 |  |  |  |  |  |
| 3:00 |  |  |  |  |  |
| 4:00 |  |  |  |  |  |
| 5:00 |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Wednesday |  |  | Thursday |  |
|  | class | assignment |  | class | assignment |
| 8:oo |  |  |  |  |  |
| 9:00 |  |  |  |  |  |
| 10:00 | Take a Break! | Make a quick snack or smoothie |  | Take a break! | Watch episodes of your favorite show |
| 11:00 |  |  |  |  |  |
| 12:00 | Make lunch! | Drink water and stay hydrated! |  | Make lunch! | Drink water and stay hydrated! |
| 1:00 |  |  |  |  |  |
| 2:00 |  |  |  |  |  |
| 3:00 |  |  |  |  |  |
| 4:00 |  |  |  |  |  |
| 5:00 |  |  |  |  |  |



Make sure to check out the DePaul Student Success website for weekly/daily academic and wellness challenges!!

(insert hyperlink here)

|  |  |  |
| --- | --- | --- |
|  | Friday |  |
|  | class  | assignment |
| 8:oo |  |  |
| 9:00 |  |  |
| 10:00 | Take a Break! | Go on a walk or bike ride! |
| 11:00 |  |  |
| 12:00 | Make lunch! | Drink water and stay hydrated! |
| 1:00 |  |  |
| 2:00 |  |  |
| 3:00 |  |  |
| 4:00 |  |  |
| 5:00 |  |  |

