



WEEK OF MM/DD



Monday

CLASS	ASSIGNMENT
8:00	
9:00	
10:00	Take a Break! Go outside!
11:00	
12:00	Make lunch! Drink water and stay hydrated!
1:00	
2:00	
3:00	
4:00	
5:00	

Tuesday

CLASS	ASSIGNMNT
10:00	Take a Break! Check in with/ facetime friends
12:00	Make lunch! Drink water and stay hydrated!

Wednesday

CLASS	ASSIGNMENT
8:00	
9:00	
10:00	Take a Break! Make a quick snack or smoothie
11:00	
12:00	Make lunch! Drink water and stay hydrated!
1:00	
2:00	
3:00	
4:00	
5:00	

Thursday



CLASS	ASSIGNMENT
10:00	Take a break! Watch episodes of your favorite show
12:00	Make lunch! Drink water and stay hydrated!

Friday

CLASS	ASSIGNMENT
8:00	
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	

Make sure to check out the DePaul Student Success website for weekly/daily academic and wellness challenges!! (insert hyperlink here)

