



My Good Day Plan

Good Day

Now

Action

Support

What happens on a Good Day?

Does it happen now?

What needs to happen to make it a Good Day?

Who can help me?

- ❖ Wake up after a good night's sleep
- ❖ Get myself ready
- ❖ Eat a good breakfast
- ❖ Get to class on time
- ❖ Do homework
- ❖ Relax by watching tv or video games
- ❖ Asleep by 11:00

- ❖ Sometimes
- ❖ Yes
- ❖ Sometimes
- ❖ Yes
- ❖ Sometimes
- ❖ Yes
- ❖ Sometimes

- ❖ Go to bed earlier so I get more sleep
- ❖ Have someone make me a good breakfast
- ❖ Make sure I stay on top of school work
- ❖ Make sure I go to bed early

- ❖ Parents/PCA
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