



## Monthly Goals Sheet – Second Month

### My Life Today

1. How many hours did I study each day last year (average)?

2. How many do I plan to study to do this year?

3. How many hours do I currently spend each week:

- TV/Internet/Video games/Phone/Music
- Time with family
- Time with friends
- Extracurriculars

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4. How many hours of sleep do I get each night?

5. How many do I want to get each night during this year?

6. What are my hobbies?

7. During the last year

- What books have I read?
- What musical groups have I enjoyed the most?
- How many movies have I seen?
- Some I particularly liked are:
- Some I did not like are:

8. What extracurriculars do I plan to join this year?