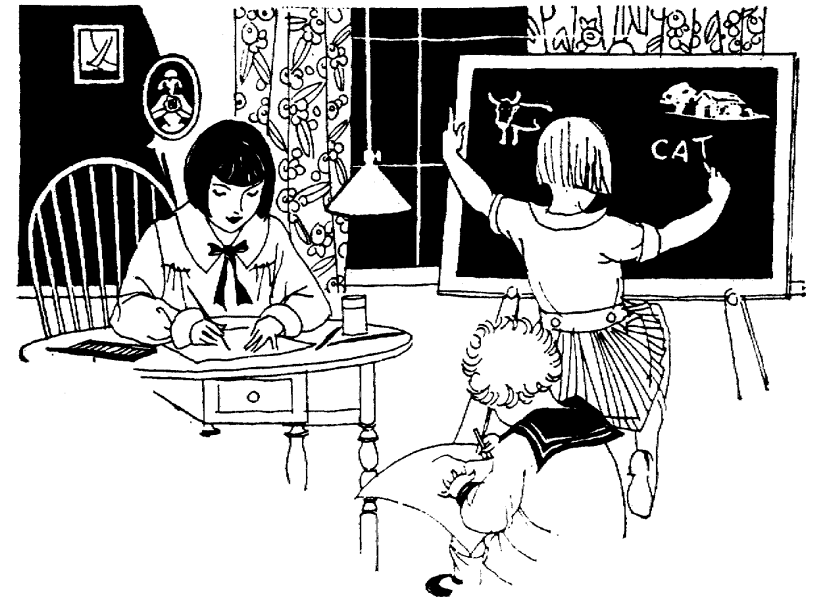


Extend Your **Reach**

Before you “reach” for your phone, tablet, or computer to play video games, make sure you have done everything on the following list first. “Reaching” the next level on the latest app won’t benefit you in the long run, but when you develop your brain, your muscles, your creativity, and your self-discipline by doing the activities listed below, you’ll be “reaching” goals that will help you for the rest of your life!



Read a book

name: _____ date: _____

Exercise

Art/music

Chores

Homework

	S	M	T	W	T	F	S	S	M	T	W	T	F	S
R														
E														
A														
C														
H														