

Daily Plan

GOOD TEACHING
DOESN'T HAPPEN BY
ACCIDENT

Teaching Responsibilities

DEDICATED TEACHING TIME



MEETINGS, PREPPING,
GRADING, ETC.



MAKE TOMORROW'S
PLAN TODAY!

DATE:

WAKE UP:

START WORK:

BREAK TIMES:

END WORK DAY:



MEAL PLAN



WATER INTAKE

--	--	--	--



SOCIAL INTERACTIONS

STRETCHING & SELF-CARE



FRESH AIR

NOTES: