

# LOOKING GOOD / FEELING GOOD

## Student Success Life Skills

### 1. Nutrition

Liquids: ▲ water & milk & juice ▼ sodas  
 Solids: ▲ fruits & veggies ▼ sweets & chips

### 2. Fun

Little joys, big fun - If all counts, read, listen to music, play, create, hangout, explore

### 3. Exercise

Walk, run, dance, pedal, move it - 30 minutes or more a day

### 4. Social Support

Hanging out with people you like and who like you. Family and friends you can count on.

### 5. Rest

8-9 hours - naps count.  
 Recharge, renew, relax

*Making even small improvements in these 5 items lead to higher energy and mood.*

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
1	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
2	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
3	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
4	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
5	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
6	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
7	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼

Circle the up triangle (▲) if you rate the Life Skill as in a good range or showing improvement for this past week.  
 Circle the down triangle (▼) if you rate the Life Skill as not in a good range this past week.

**Goal and Action**

**Week** \_\_\_\_\_

**My goal for this week is to:**

**My plan for reaching my goal is to:**

**Goal and Action**

**Week** \_\_\_\_\_

**My goal for this week is to:**

**My plan for reaching my goal is to:**

**Goal and Action**

**Week** \_\_\_\_\_

**My goal for this week is to:**

**My plan for reaching my goal is to:**

**Goal and Action**

**Week** \_\_\_\_\_

**My goal for this week is to:**

**My plan for reaching my goal is to:**

**Goal and Action**

**Week** \_\_\_\_\_

**My goal for this week is to:**

**My plan for reaching my goal is to:**

# STUDENT SUCCESS SKILLS

## Seven Keys to mastering any course:

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8
1	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
2	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
3	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
4	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
5	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
6	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼
7	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼	▲▼

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