

After-School Tempo Tracker SENIOR



Monday 

Tuesday

Wednesday

Thursday

Friday

STUDY 25 MIN

STUDY 25 MIN

STUDY 25 MIN

STUDY 25 MIN

STUDY 25 MIN

BREAK 5 MIN

BREAK 5 MIN

BREAK 5 MIN

BREAK 5 MIN

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STUDY 25 MIN

STUDY 25 MIN

UNWIND 30 MIN

UNWIND 30 MIN

UNWIND 30 MIN

UNWIND 30 MIN

UNWIND 30 MIN



Scan the QR codes for some fun and interesting videos to help you take a break. Each one has a different theme!