**Health:** I will focus on my **Health** 6-10 hours a week.

1. I will play 1 hour of soccer on Monday and Wednesday, I will also play 2 hours of soccer on Saturday. This will get me physically healthy and help me strengthen my social bonds by talking and working together with my teammates in practice and games.
2. I can also take a couple minutes per day calming down and watching yoga videos to de-stress myself and help me become a **happier** person.

**Education:** I will focus on my **Education** 8-12 hours a week.

1. Most of the time I focus on Education will be doing my homework, this should take around 1-2 hours a day on a weekday and that would be where most of my time would be going between afterschool and dinner.
2. The rest of my time focusing on my Education would be studying on up coming tests or studying something I learnt in class that I didn’t quite understand, this time would also include reading a book.

**Social Bonds:** I will focus on my **Social Bonds** 6-10 hours a week.

1. This time will overlap with the time I go to soccer practice and games, when I go and play soccer, I improve both my health and social bonds. At soccer I get to play with my friends and work on teamwork.
2. The rest of this time will go to studying and doing homework with my friends which will also overlap with focusing on my education. I find that studying with my friends do homework a lot more fun than doing it alone.

**Stopping Rules**

**School:**

1. I will put my phone firmly in my bag as soon as the class starts so I don’t have the urge to look at it, this will minimize the chances of me ever using my phone at school.
2. If I am using my laptop for schoolwork, I will make myself only use chrome and office 365 so I don’t open any games or anything like that.

**Home:**

* I have a screentime limit on my phone and computer, my phone will lock out after 8 pm and my computer only allows me to play 1 hour after school so that I can’t play too much video games. However, when I need to study or do homework it allows me to request for more time.
1. If I am watching TV I can stop watching and go upstairs after I finish an episode and use the end of episodes as stopping cues.