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| DORMIR | | | | | | | | | | | | COMIDAS | | | | | | | | | | | | | |
| L | M | X | | J | | V | | S | | D | | L | M | | X | | J | | | V | | S | | D | |
|  |  |  | |  | |  | |  | |  | |  |  | |  | |  | | |  | |  | |  | |
| Horarios:  Irse a la cama: \_\_\_\_\_\_\_\_\_\_\_  Levantarse: \_\_\_\_\_\_\_\_\_\_\_  Recuerda:   1. Usar la cama SOLO para dormir 2. 45 min. antes de ir a la cama, nada de pantallas 3. Si estás 15 o 20 min. dando vueltas en la cama, levántate y lleva a cabo una tarea ligera y aburrida hasta que vuelva el sueño. | | | | | | | | | | | | Horarios:  Desayunar: \_\_\_\_\_\_\_\_  Comer: \_\_\_\_\_\_\_\_  Cenar: \_\_\_\_\_\_\_\_\_  Recuerda:   1. El cuerpo necesita comer 2. Comer sin un horario fijo mantiene al cuerpo en alerta 3. Lo importante es ponerse a comer en un horario fijo y cumplirlo. | | | | | | | | | | | | | |
| HIGIENE | | | | | | | | | | | | ESTUDIOS | | | | | | | | | | | | | |
| L | M | | X | | J | | V | | S | | D | L | M | X | | J | | | V | | | S | | | D |
|  |  | |  | |  | |  | |  | |  |  |  |  | |  | | |  | | |  | | |  |
| ¿Cómo te gusta cuidar tu higiene?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  ¿En qué momentos del día puede ser?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | ¿Cuánto queremos dedicarle?  ¿Ir a clase? \_\_\_\_\_\_\_\_  ¿Trabajos? \_\_\_\_\_\_\_\_\_  ¿Estudiar? \_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | |
| OCIO AL DÍA  (Una actividad al día) | | | | | | | | | | | | SALIR DE CASA  (una vez al día) | | | | | | | | | | | | | |
| L | M | | X | | J | V | | S | | D | | L | M | X | | J | | V | | | S | | D | | |
|  |  | |  | |  |  | |  | |  | |  |  |  | |  | |  | | |  | |  | | |
| ¿Qué podríamos hacer?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | ¿Qué podríamos hacer?  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | | | | | | |