# **Self-Control Schedule——Daily Plan Card**

Instructions: Use this card to plan and reflect on your day. Fill in each section at the designated time. Morning: Plan your priorities. Afternoon: Schedule and complete 'My Time' activity. Evening: Reflect on whether you achieved personal time, your urge to stay up late, and your bedtime.

## **Morning ( 10:00 AM)**

1. Two main tasks for today:

 - Task 1: prepare the seminar

 - Task 2:work out

2. Control over my day (1–10，1: Unable to control 10: Completely in control):7

## **Afternoon (2:00 PM)**

1. 'My Time' activity (15–30 minutes):

 - Activity: workout and watch some videos

 - Expected Feeling (1–10): 9

2. Was the activity completed?yes

3. If interrupted, did you reschedule? no

## **Evening (10:00 PM)**

1. Did I have personal time today?Why?

Yes, I worked out, took a walk and watched some videos

1. Urge to stay up late, why?

Not lately becaue come nightime I’m tired enough to fall asleep quickly

3. Control over my day (1–10): 7

4. Actual Bedtime:

I always try to stay off my phone before I go to sleep but I always end up going on it, watch a couple of videos, figure out what I want to do the next day and fall asleep

**Participation Record：**

The participants, as students, have already had his daily schedules planned out. What classes he need to attend and when the classes will end have all been scheduled. The school's schedule has already taken up a lot of time. He believes that there needs to be a tool to help him make plans, and it should be for his own dedicated time, such as working out or watching movies.

