# **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: study

- Task 2: go 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: watch a movie

- Expected Feeling (1–10): 6

2. Was the activity completed? yes

3. If interrupted, did you reschedule?

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

1. Did I have personal time today? Why?

No because the movie I watched was for the purpose of film study for my english class

1. Urge to stay up late, why?

Yes because i didnt have a lot of personal time

3. Control over my day (1–10): 7

4. Actual Bedtime: 2am

**Participation Record：**

This intervention made the participant aware of her habit of staying up late. The way she planned her schedule enabled her to better avoid staying up late, and doing things according to the time plan would be more organized.

