# **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: go to the gym

- Task 2:clean my room

2. Control over my day (1–10，1: Unable to control 10: Completely in control): 8

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

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

- Activity: go on a walk

- Expected Feeling (1–10): 7

2.Was the activity completed? yes

3. If interrupted, did you reschedule?

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

1. Did I have personal time today?Why?

Yes because I felt like Igot to prioritise what I needed to get done

1. Urge to stay up late, why?

Yes because I’m used to it

3. Control over my day (1–10):8

4. Actual Bedtime:1am

**Participation Record：**

Participants believe that completing tasks as planned every day can help alleviate the behavior of staying up late. In this way, he can have a better plan for his schedule, complete his study and personal time more efficiently, and thus reduce the behavior of procrastination.

