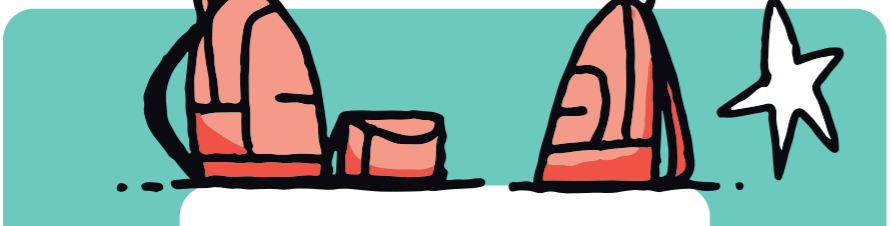


After-School Tempo Tracker **TWEEN**



Monday	Tuesday	Wednesday	Thursday	Friday
FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN
BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN
FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN
BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN
FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN
BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN
FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN
BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN
LONG BREAK 30 MIN	LONG BREAK 30 MIN	LONG BREAK 30 MIN	LONG BREAK 30 MIN	LONG BREAK 30 MIN
FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN
BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN
FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN
BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN
FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN
BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN	BREAK 5 MIN
FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN	FOCUS TIME 15 MIN



Scan the QR codes for some fun and interesting videos to help you take a break. Each one has a different theme!