

**Student  
Control Journal  
Parents keep away**



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## For Students only; Parents Stay Away!

This little Control Journal is our secret. None of us like for our parents to tell us what to do. With these pages I am going to help you to get things done without having to be told by your mom.

This new school year does not have to be chaotic if you will start doing some of these simple little daily routines. I know all you really want to do is have fun. This is all any of us want. I am going to help you find a way to get your school work done and play too. All work and no play makes us very unhappy.

Having our parents on us all the time to get our homework, clean our rooms and do our home chores is not fun either. We are going to get these things done and it won't feel like work. I know you don't believe me. I am going to give you the tools and techniques to do all of this and have fun at the same time. You may actually teach your parents a thing or two in the process.

Before this school year is over you will have established habits that will stay with you your whole life. These habits will help you to grow up to be what you want to be and not what everyone thinks you should be.

I am very proud of you for picking this Control Journal and reading this page.

Are you ready to get started?

FlyLady

Items you are going to need to get started.

1. You will need a three ring binder to put these page in.
2. You will need a calendar to write down your school projects and activities.
3. You will need a timer that is yours. You will love using this tool.
4. You will need sheet protectors to put your routines in.
5. You will need a dry erase marker to check off things as you accomplish them.
6. You will need some Post-it Notes to help remind you of the babysteps you need to take each morning, afternoon and evening. Post them in your bathroom.
7. You will needs some fun stickers to help you chart your habits on your calendar.
8. You will also need a pen and a pencil to help you fill in your Control Journal.

# Getting Started

1. Find a launch pad where you can put your things for the next day. This will help you to get to school with everything you need. Things you will put there is your book bag, fully packed with your books and homework, gym clothes, coats, musical instruments, shoes and anything else you need. This place can be in your room by your bedroom door or in the front hallway by the entrance door to your home. You may have to ask permission to use the front hallway.
2. Put a check list of all the things that you may need on your launch pad. Also attach it to your backpack and put this list as part of your before bed routine in your Control Journal.
3. Put a Post-it note in your bathroom to remind you to gather up all your things for tomorrow.

Now let's work on our before bed routine.

Do you have a bedtime? This is the time that your parents want you in the bed and ready to go to sleep. Before this can happen you have to do the things to get ready for tomorrow. Some people like to take a shower in the evening so they don't have to do it in the morning. This is something you have to figure out for yourself. Evening or Morning this is your choice. The more things you can do in the evening the fewer things you have to do in the morning.

**Here are the things that you need to do before bedtime.  
Start this 30 minutes before your bedtime.**

1. Lay out your clothes for tomorrow. This makes it so easy for you to get dressed in the morning. Some people like to put together their outfits for the whole week. This includes everything from socks to underwear and shoes. When you do this you have more time to enjoy the start of your day.
2. Do you have any house hold chores that you need to do to bless your family, your pets and your home? Do them right after dinner.
2. Check your calendar for tomorrow's activities. Do you need to take things with you that you don't usually take to school?
3. Clean up your room for 5 minutes. Clearing off your desk hotspot and picking up your clothes. Set your timer.
4. Put your back pack on your launch pad along with anything else you will need.
5. Take a shower and swish and swipe your bathroom while you are in there. This is swishing to toilet and wiping down the counter top and sink. Pick up after yourself and put your dirty clothes in the hamper and hang up your towel.
6. Brush your teeth and floss
7. Give yourself a sticker for doing your routines.
8. Put on your pajamas and get into bed.
9. Read or listen to music to calm yourself down so you can go to sleep.
10. **LIGHTS OUT AT A DECENT HOUR!!  
Get to sleep; fun to be had tomorrow!**

# Morning Routine

1. Get up and make your bed immediately
2. Shower(if you didn't last night) and get dressed to shoes, hair and face.
3. While you are in the bathroom; pick up after yourself.
4. Check your calendar for today's activities. Inform your family at breakfast.
5. Head to the kitchen for breakfast. You need to eat a good breakfast
6. Clean up after breakfast, put things away, wash your dishes and pick up after yourself.
7. Do you have a lunch or lunch money? How about your water bottle filled?
6. Do you have any morning chores to help your family? Do them now.
7. Gather up your things on your launch pad to leave the house.
8. Check your backpack check list to see if you forgot anything.
9. Get in the car or wait for the bus.

## **Afternoon School Routine**

1. When you get home from school. Change your clothes. Put any gym clothes in the hamper or even the washer to get them ready for next class or practice.
2. Get a healthy snack, some water and sit down to do your homework.
3. Get out your timer. Set it for 15 minutes.
4. Work on your school work for these 15 minutes. Stay focused for the whole time and you will get to take a break for 15 minutes and play a game or listen music.
5. When the timer goes off you get to take a break. Set the timer again and when it goes off, jump back into your homework. Keep doing this till your homework is finished.
6. Check your calendar for any projects due that you need to work on. Do not wait till the last minute to get started. Doing a little every day will make it much easier on you. We call this the project mode.
7. Are there any household jobs that are your responsibility? Use your timer to get these done too. They will not take very long to do them. Get them done and you won't get those looks from your parents. Put your gym clothes in the dryer and the put them back in your back pack.
8. Put a smile on your face and give your mom a hug. Ask if there is anything you can do to help with dinner. You will get a chance to see her faint. It is always fun to keep our parents on their toes.
9. I am so proud of you for following your routines and helping yourself get your homework and household chores done without having to be told.

# Weekly Schedule

Main School Activity for the Day

Mark your calendar too so you will remember this schedule. Use some fun stickers to help you see your schedule.

MONDAY \_\_\_\_\_

TUESDAY \_\_\_\_\_

WEDNESDAY \_\_\_\_\_

THURSDAY \_\_\_\_\_

FRIDAY \_\_\_\_\_

SATURDAY \_\_\_\_\_

SUNDAY \_\_\_\_\_



# Keeping your Room Clean

**Keeps your mother off your back**

All our lives we have been told to go clean our rooms. No one ever really told us how to do this. We were just expected to do it and if we didn't do it right or to suit our parents you know what happened. They come in and take over. I am going to help you keep this from happening again.

We all have too much clutter. I know you love your stuff but much of your stuff you have gotten too old for. If you get rid of it on your own it will feel much better than your mother going into your room and boxing up everything. This is the only time I ever recommend a yard sale. You will love earning money for your old stuff. You may even enjoy decluttering your room when you can get real money for it.

Getting the clutter out of your room is going to help you keep your room clean. Now don't start pulling out all your old stuff. This will make you crazy when your room is turned upside down. We have a fun game for doing this. I call it the 27 Fling Boogie.

Grab a garbage bag and throw away 27 items from your room. This is just trash. You know those coke cans and wrappers you have stashed under your bed and in your drawers. This only takes a few minutes. You won't even feel like you are decluttering your room.

Then grab a box to gather up 27 things to give away or to sell in your very own yard sale. Don't pull everything out of your closet. Just pick up one thing at a time and put it in the box. Do this once a day and before you know it your bedroom will so much easier to keep clean and keep your mother out of your hair.

We also divide our rooms into zones.

Zone 1 the Bed, nightstands and under the bed

Zone 2 Your closet

Zone 3. The floor

Zone 4. Your desk, chest of drawers or dresser.

Zone 5. Your bathroom

## **How We Use Our Zones**

**To keep your mom from nagging**

We use our zones to keep us from having to clean our rooms on Saturday when we had much rather be hanging out with our friends.

Each day of the week we do one zone for 5 to 10 minutes. Set your timer.

**Monday is Zone 1.** Your bed, clearing off your nightstands, and getting rid of the trash. Empty your trash cans.

**Tuesday is Zone 2.** Your Closet: Hang up your clothes; make sure your dirty clothes are put in your laundry basket. Wash your clothes and put them away.

**Wednesday is Zone 3.** Your Floor. Pick up all the clothes and trash off your floor and go get the vacuum and vacuum without being told to. You just have to get the middles. I don't expect you to vacuum like your perfectionist mother does. This is your room and it doesn't have to be perfect; it just has to be done once a week. Set your timer for 10 minutes and you can stop when the timer goes off.

**Thursday is Zone 4.** Your Desk. Throw away the trash and papers on your desk. Get rid of any soda can and bottles and take all the dishes back to the kitchen and put them in the dishwasher. Clear off your desk so you can work. This is one of our hotspots that collects the most clutter. With your desk cleared off you may be able to focus on your homework.

**Friday is Zone 5.** Your Bathroom. Once a week, clean the shower while you are in it and then sweep the floor and mop with a wet rag or damp towel. Then toss this in the laundry.

This is going to keep your room looking good enough to pass anyone's inspection. You may never be bothered by your mom again if you do your zone each day for 5 to 10 minutes. Before you know it your room will be clean all the time and you will not even realize you are cleaning.

I am so proud of you for trying this. Your Saturday and Sunday will be your free days now.

**Before Bed Routine**  
**Adapt to fit you and your room.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

**Doing this routine will help you in the morning.**  
**I am so proud of you**

**Morning Routine**  
**Adapt to fit you and your room.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

**This routine is going to get you out the door without a lot of  
yelling and forgetting things.  
I am so proud of you for trying this.**

**Afternoon Routine**  
**Adapt to fit you and your room.**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

12. \_\_\_\_\_

**Use your timer to get your homework. This way you get to play  
and accomplish what you need to do.**

**I am so proud of you and  
you are going to very proud of yourself.**