



# One Incredible Summer IN 5 EASY STEPS

Start the stopwatch!

If you've got 30 minutes, you can have an epic summer.  
Here's what you need to do:

## 1. Get out the calendar

Print out a blank calendar and mark the beginning and end of summer break.

With your parent's input, block off events, vacations, and deadlines.

## 2. Have your say

Take some time to think about your "wish list" for summer. What activities or events would you really like to make happen?

Now give each member of the family a turn to have their say.

## 3. Agree on the rules

Avoid frustration by agreeing on rules for the "3 C's":

Communicating where you are, Curfew, and Chores

## 4. Activities to move you forward

Make some plans to pursue classes, work, internship or volunteering.

Mark off dates and deadlines.

## 5. Taking care of you

How will you take great care of yourself this summer?

Catch up on sleep, have an exercise goal, eat healthier

Set a specific goal and include a reward or celebration when you reach it.