# **Garden of Hearts Higher Secondary School**

Student Daily Progress (SDP)

**21 Days Challenge** Tracking sheet | Part-1

Student Name: ……………………………………… | Class: ………………| Start Date: / / | End Date: / /

Contact No: 1. ………………………………………. 2. ………………………………………………….

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| Morning Time (4:00 AM -7:00 AM)  “Physical & Mental Development”   1. MY: Master Yoga\* 2. Running/Walking/Fitness/Physical work @ 3. Breathing Exercise\* 4. Meditation\* | Whole Day (7:00 AM- 6:00PM)  “Emotional Intelligence Enrichment Practice”   1. Relaxation/Centering \* 2. Reading/Watching Motivational Books & Stories @ 3. 369 Suggestion Practice\* 4. Constant Positive/Happy Mindset Practice \* | |
| Evening Time (6:00 PM-7:00 PM)  “IQ/Creativity & More”   1. BM: Brain Exercise \* 2. EE: Eye Exercise \* 3. BG: Brain Games \* | Sleep Time (9:30 AM- 10:30 PM)  “Time Management & Habit Formation”   1. Affirmation \* 2. Prayer \* 3. Diary Writing \* | Others if any:  @  Any things which are not mention in this sheet. |
| ***“सभी शक्तियां आपके भीतर ही है, आप कुछ भी और जो भी आपके लिए उचित और उपयोगी है कर सकते है” \**** | | |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Day: 1 | Date: | | | Day: 2 | Date: | | | | Day:3 |Date: | | |
| MT: | WD: | OIA | MT: | WD: | | OIA | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | | ET: | ST: |
| Day: 3 | Date: | | | Day: 4 | Date: | | | | Day: 5 | Date: | | |
| MT: | WD: | OIA | MT: | WD: | OIA | | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 6 | Date: | | | Day: 7 | Date: | | | | Day: 8 | Date: | | |
| MT: | WD: | OIA | MT: | WD: | OIA | | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 9 | Date: | | | Day: 10 | Date: | | | | Day: 11 | Date: | | |
| MT: | WD: | OIA | MT: | WD: | OIA | | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 12 | Date: | | | Day: 13 | Date: | | | | Day: 14 | Date: | | |
| MT: | WD: | OIA | MT: | WD: | OIA | | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 15 | Date: | | | Day: 16 | Date: | | | | Day: 17 | Date: | | |
| MT: | WD: | OIA | MT: | WD: | OIA | | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 18 | Date: | | | Day: 19 | Date: | | | | Day: 20 | Date: | | |
| MT: | WD: | OIA | MT: | WD: | OIA | | MT: | WD: | OIA |
| ET: | ST: | ET: | ST: | ET: | ST: |
| Day: 21 | Date: | | | Parents Feedback | | | | Principal/R&D Team Feedback | | |
| MT: | WD: | OIA |  | | | |  | | |
| ET: | ST: |

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**Program Name: Activate Your Holistic Development (AHD)**

Department Name: GOH Research & Development

Daily Activity Details:

(A) Diary Writing Format: Note in your diary before sleep or any time in whole day

1. Which activity enjoyed most? ( किस गतिविधि में सबसे अधिक आनंद आया?)
2. How you are feeling today? ( आज आप कैसा महसूस कर रहे है?)
3. Any special feeling & learning? ( कोई विशेष भावना और सीख?)
4. Any other observation if any? ( कोई अन्य अवलोकन यदि हो तो?)

“Exams are not the only way to judge boys and girls”.

(B) Types of students:

* Every student is not the same type of learner. Agree/Disagree

1. Learn by experiencing things. (Agree/Disagree)
2. Learn by observing others. (Agree/Disagree)
3. Study while listening to music. (Agree/Disagree)

(C) Types of Learning:

1. Interpersonal
2. Intrapersonal
3. Physical
4. Visual
5. Auditory
6. Verbal
7. Logical
8. Musical
9. Naturalistic
10. Linguistic

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