

# NIGHT OWLS & EARLY BIRDS

## BECOMING A MORNING PERSON

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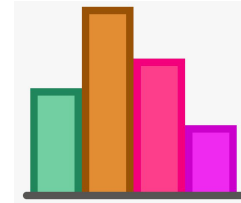
Goal : Wake up at 6:00 AM to promote a healthy & productive lifestyle

Measurement divided into 3 parts : Starting Point / Process / End Point



Journalizing Methods (Collecting Data) :

Alarm, App Tracking record



Flexibility : did not complicate it because of weather, but flexible with saturday and



sunday because responsibilities of a student

Multiple ways of assessing your goal : journal / accountability partners / say no to

the snoozing option



# **Q : What Does A Healthy / Productive Lifestyle Look Like For Me?**

1. Being Active
2. Eating Right
3. Mental & Physical Self-Care
4. Time Management Skills
5. Self-Control
6. Disciplinary Skills
7. Proper Prioritization
8. Self-Love



# STARTING POINT

## (1st 10 days-Aug. 19-28)

App Used : SleepWatch

### 1st $\frac{1}{2}$ : 5 days

- Slept at 11:00pm
- Woke up at 8:20am
- Sleepy during class(9:00am)
- Wasn't very attentive

### 2nd $\frac{1}{2}$ : 5 days

- Slept at 11:00pm
- Woke up at 9:20am
- Sleepy during class (10:00am)
- Wasn't very attentive

# DURING THE PROCESS (2nd 10 days-Aug. 29-Sep.7)

## 1st ½ : 5 days

- Read the article provided in the app (tips on waking up on time)
- Fixed & stuck with my schedule
- Slept Early

## 2nd ½ : 5 days

- Schedule :
  - M: 6-8am (breakfast)
  - 9-11am (HW)
  - 12pm (lunch time)
  - 1-5pm (HW/dinner)
  - 8-6am  
(bedtime-morning)

T: 6-8am (breakfast)

9-10 am (prepare for class) / 10-11 (EN101)

11am -12pm (lunch)

1-5pm (HW)

8pm - 6am (bedtime-morning)

W: 5-7am (breakfast)

8-9am (prepare for class) / 9-11 (ED211)

11am-12pm (lunch)

8pm - 6am (bedtime-morning)

T: SAME AS TUESDAY

F: SAME AS MONDAY

# END POINT

(last 10 days-Sep. 8-17)

## 1st ½ : 5 days

- Stuck with the schedule
- Still difficult but eventually got used to it
- Progressively added self-care, prioritized homework and family.

## 2nd ½ : 5 days

- Gone at least 5 days straight sleeping from 8:00pm and waking up at 6:00am
- Majority of the time, I was consistent with integrating a healthy & productive lifestyle



## FLEXIBILITY

- As I mentioned earlier, this 30 day challenge was not delayed due to weather. However, I did extend my sleeping period on saturday/sunday mornings as they were used for my resting days due to completing homework assignments.

# ALTERNATIVES TO REACH THE GOAL

## 1. Journal

- Write down and record the results

## 2. Accountability Partners

- Ask someone to help keep me on track

## 3. Say No to the Snooze Option

- Take a deep breath
- Count backwards from 3
- Get Up

**THANK YOU!!!**