

My Language Snapshot

DATE

| | Activity | 1st Language | English | Frequency |
|----------|----------|--------------------------|--------------------------|--------------------------|
| 6-7 AM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7-8 AM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8-9 AM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9-10 AM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10-11 AM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11-12 AM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 12-1 PM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 1-2 PM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2-3 PM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3-4 PM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4-5 PM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6-7 PM | | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TOP PRIORITIES



How to Use This Resource

Activity: In this space, write down the main things you did in the day.

Your 1st Language: If what you did mostly happened in your first language, check the 1st Language box.

English: If what you did happened mostly in English, check the English box.

Frequency: how often did you engage in English activities?

Your Goal: have more English checkmarks than your 1st language ones!

If you notice more 1st language checkmarks, that likely means you need to focus more on popping your 1st language bubble!