

the ultimate daily planner for students

featuring the Study-Smart Student Toolkit

"Order brings peace."
— St. Augustine (traditional

The Ultimate Daily Planner for Students

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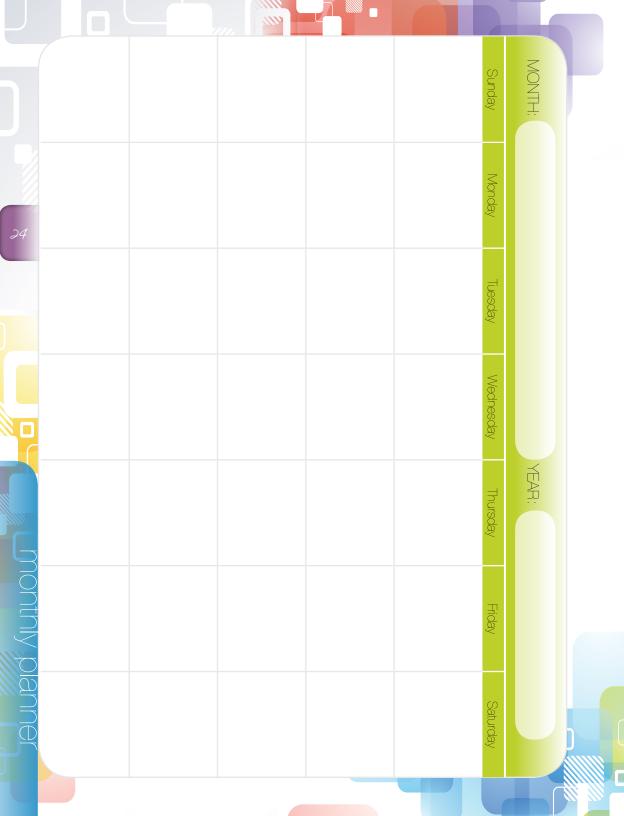
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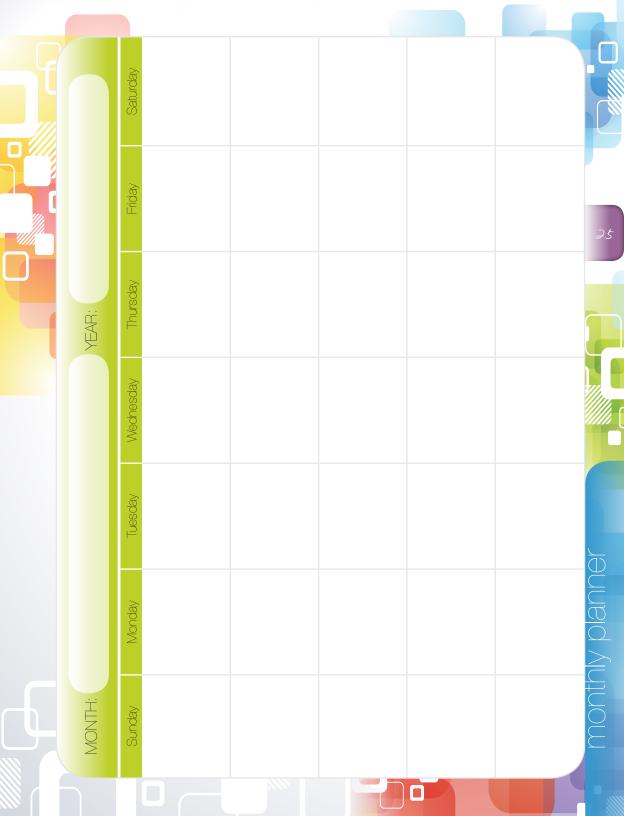
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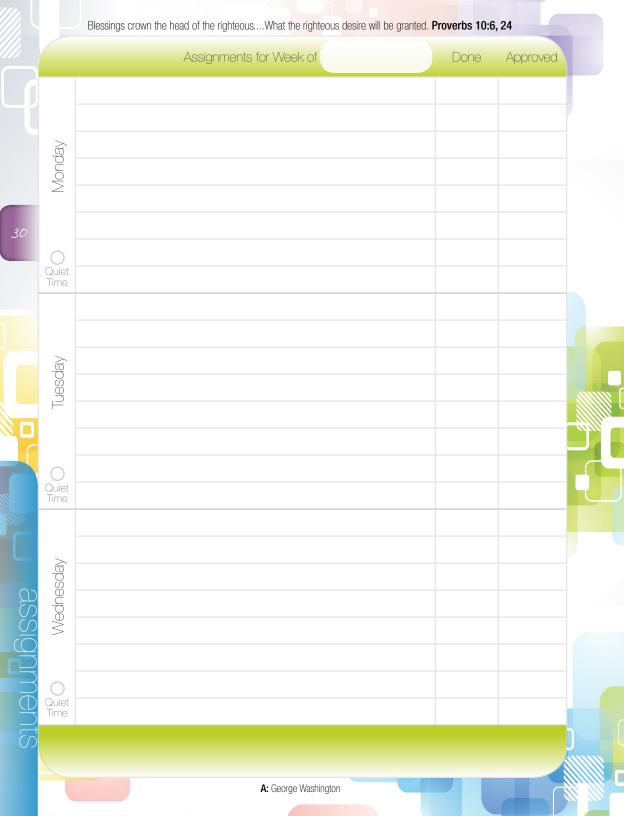
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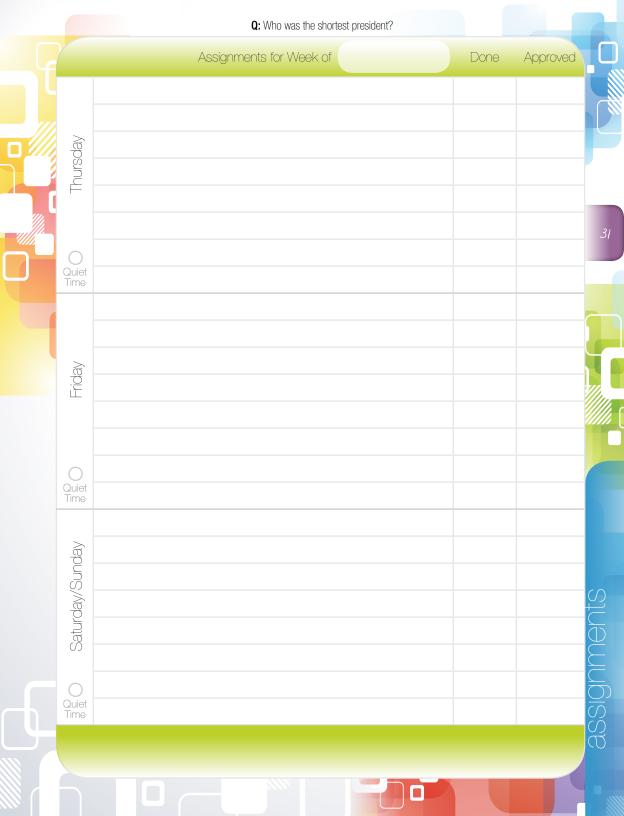
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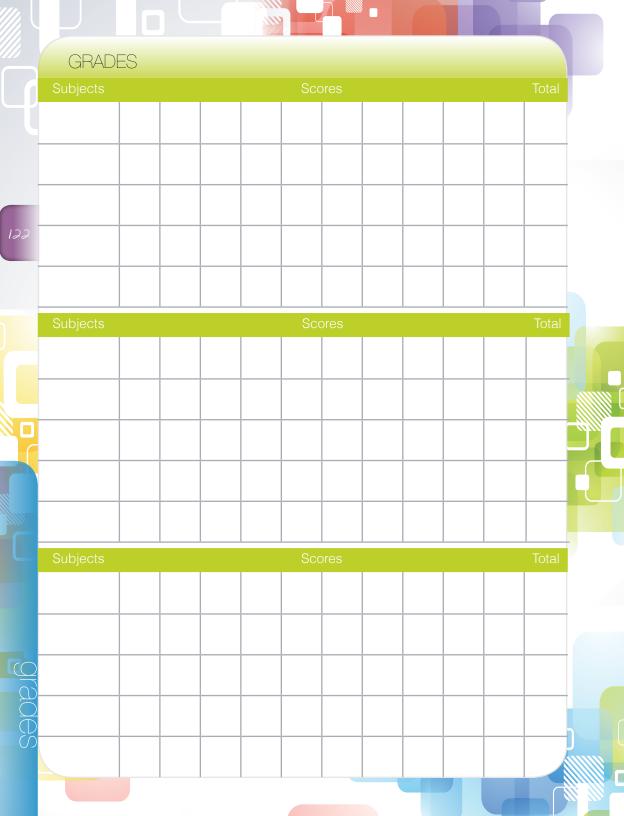












active litestyle activity log	activ		128	7		
Participant Name	Date S	Date Started	Age	Date Completed		
WEEK ONE Activities # Min or F	# Min or Pedometer Steps	WEEK TWO	Activities	# Min or Pedometer Steps	meter Steps	
Mon		Mon				
Tues		Tues				
Wed		Wed				
Thurs		Thurs				
Fi		Ë.L				
Sat		Sat				
Sun		Sun			S. deska	
Participant Signature	Date	Participant Signature	ıre		Date	

Min or Pedometer Steps

Activities

WEEK FOUR

Min or Pedometer Steps

Activities

WEEK THREE

Mon Tues Wed Thurs

Thurs

Tues

Wed

Mon

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Date

Participant Signature

Date

Participant Signature

Sun

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Wars of Louis XIV in France (1661-1715) Oliver Cromwell rules England (1653-58) Taj Mahal completed (1643) James VII of Scotland becomes James I, King of England (House of Stuart) (1603–1625)

Cervantes, Don Quixote (1605 and 1615) Johannes Kepler, Astronomia nova (1609) English settle Jamestown (1607)

1600-1700

- Galileo publishes evidence of Copernican system (1610)
- Dutch settle New Amsterdam
- Thirty Years War in Germany (1618-48) King James Bible (1611)
- First slaves arrive in Virginia (1619)
- House of Burgesses in Virginia becomes first colonial representative government (1619)
 - Mayflower lands at Plymouth, Massachusetts (1620)

 - Colony of Maryland founded (1634) Harvard established (1636)

English Civil War (1642-48)

- War of Spanish Succession (1701–14)
- Halley predicts comet of 1531 and 1607 will return in 1758 (1705)
 - Brits & Scots become United Kingdom of Great Britain (1707)
 - War of the Quadruple Alliance defeats Spain (1718)
 - rance settles New Orleans (1718)
- Daniel Defoe, Robinson Crusoe (1719)
- S. Bach, Brandenburg Concertos (1721) Jonathan Swift, Gulliver's Travels (1726)
 - Great Awakening (1730s-1740s)

Defethorpe founds Georgia (1733)

- Freedom of the press upheld during trial of John Peter Zenger (1735)
 - G. F. Handel, Messiah (1741)

- New Amsterdam becomes New York (1664) Great Plague of London (1665-66)
 - Great Fire of London (1666)
- John Milton, Paradise Lost (1667) Blaise Pascal, Pensées (1670)
- Peter the Great becomes Czar of Russia (1682)
- saac Newton publishes Principia, which describes the theory of gravity (1687) William Penn founds Pennsylvania (1682)
 - Glorious Revolution in England (1688)
- John Locke, Two Treatises on Government (1690)

- Benjamin Franklin experiments with electricity and invents lightning rod (1752)
 - French & Indian Wars in American colonies (1756-63)
- British Parliament imposes Stamp Act on American colonists (1765) Boston Massacre (1770)
- Boston Tea Party (1773)
- American Revolution (1775–1783)
 - Declaration of Independence (1776)
- Thomas Paine, Common Sense (1776)
- Ludwig van Beethoven gives his first public performance at age 7 (1778) Articles of Confederation (1781)
- J.S. Constitution signed (1787)
- Offgang Amadeus Mozart's The Mariage of Figaro first performed (1787) French Revolution begins (1789)

My father always said, "Be careful what you wish for." My grandmother's favorite saying was "A bird in hand is worth two in the bush," even though we had no idea what she meant.

around an attribution of speech in the middle of the quoted speech

"Use the potholders," Grandmother urged, "or you'll burn your hands."

to indicate the titles of songs, poems, stories, articles, or essays

"Singin' in the Rain," "The Owl and the Pussycat," "A Worn Path," "Once More to the Lake," "Unemployment Rate Drops in 3Q"

ITALICIZE:

titles of separately published literary works (books, plays, poetry collections, or epic poems) — The Great Gatsby, Romeo and Juliet, Leaves of Grass, Paradise Lost, The Iliad

titles of magazines and newspapers — Time, The Washington Post, The Wall Street Journal

titles of works of art - Mona Lisa, The Thinker

titles of albums and musical compositions — Tchaikovsky's

Nutcracker Suite (but not those that are numbered —

Beethoven's Ninth Symphony)

titles of movies, television shows, and radio shows — The Sound of Music, The Return of the King, Lost, 24, Car Talk

titles of ships, trains, and spacecraft — $\mathit{Titanic}$, $\mathit{Orient Express}$, $\mathit{Challenger}$

foreign words not commonly understood — She had a certain *je ne sais quoi* that enabled her to ease the crisis.

words used as words — You are overusing brilliant and excellent throughout the essay.

for emphasis, but use sparingly — You misunderstood me: turn $\ensuremath{\textit{left}}$ at the stop sign.

words as reproduced sounds – *Grrr!* said the bear.

CAPITALIZE:

proper names — John Smith
epithets — William the Conqueror, Attila the Hun
titles and degrees — Sir John; Doctor Jones; President
Truman; Cally Carson, Ph.D.

days of the week and months — Monday, January holidays — Fourth of July, Christmas

family terms when used in direct address — Mom, Uncle Frank, Grandpa, Cousin Betty

members of national, political, racial, social, civic, and athletic groups — Mothers Against Drunk Driving, Republicans, African-Americans, Congress, Sierra Club, Pittsburgh Steelers

historical events and eras — the Great Depression, Industrial Age, the Reformation, Vietnam War

names of continents, hemispheres, countries, cities, nationalities, and languages — Asia, Northern Hemisphere, Germany, Tulsa, Spanish, English

names of regions used to identify a specific location — the West, the South of France, Mason-Dixon Line

trademarked names — Microsoft, Pepsi, Kleenex

adjectives derived from proper nouns — Shakespearean, Freudian, Belgian waffles (but not french fries)

names of buildings, monuments, and parks — Empire State Building, the Statue of Liberty, Central Park

geographic terms that are part of a proper noun — Cape May, the Bering Strait, Panama Canal, Fishing Creek, Mt. Washington, Atlantic Ocean, Rocky Mountains

names for the Bible or its parts, deities, creeds, and confessions — the Old Testament, the Gospels, the Ten Commandments, the Lord's Prayer, God, Son of Man, Apostles' Creed, the *Westminster Catechism*, New International Version

titles of books, movies, historical documents, plays, art, and musical compositions — Gone with the Wind, Star Wars, the Declaration of Independence, the Mona Lisa, Beethoven's Moonlight Sonata

names of planets and celestial bodies — Saturn, the Milky Way, Halley's Comet

formal names of branches or divisions of the U.S. military — the United States Army, the Green Berets

DO NOT CAPITALIZE:

seasons - fall, summer

directions — north, west, southeastern

family terms when used with a possessive pronoun — my mother, your uncle

civil titles used in place of a proper noun — the president, the senator, the mayor

earth, moon, or sun, unless listed with other celestial bodies words of less than four letters within proper nouns — the, of, a, in (unless the first word of the title)

the names of types of military divisions — the army, the marines, ground troops

arch-	leader, over	archangel, archaic, monarch, anarchy
astr-	star	asterisk, aster, astronomy, astronaut
audi-	to hear	auditorium, auditory, audition
aug-/-auc-	increase	augment, augur, auction
belli-	war	bellicose, belligerent, rebellion
bene-	good	benediction, benefactor, benevolent, benefit
-bibl-	book	Bible, bibliography, bibliophile
-bio-	life	biography, biology, biome
-brev-	short	abbreviate, brief, brevity
-cap-	seize	capture, captivate, capsize, capacity
-capt-	head	captain, decapitate, capital
-carn-	flesh	carnivorous, incarnate, chili con carne, carnal
-derm-	skin	dermatologist, taxidermy, epidermic
-dict-	to say	contradict, dictate, diction, edict, predict
-duc-	to lead, bring, or take	deduce, produce, reduce
-gress-	to walk	digress, progress, transgress
-ject-	to throw	eject, inject, interject, project, reject, subject
-pel-	to drive	compel, dispel, impel, repel, propel
-port-	to carry	comport, deport, export, import, report, support
-scrib-/-script-	to write	describe, description, prescribe, prescription, subscribe, subscription
-tom-	cut	atom, appendectomy, dichotomy, anatomy
-tract-	to pull or drag	attract, contract, detract, extract, retract, protract, traction
-turbo-	disturb	turbulent, turbo, turbine, turmoil
-umber-	shadow	umbrella, umbrage, penumbra
-vac-	empty	vacuum, evacuate, vacation, vacuous
-val-	strength, worth	valor, valiant, value, evaluate
-vert-	to turn	convert, divert, invert, revert
-VİV-	life	revive, survive, vivacious, vitality
Suffix	Meaning	Example
-able/-ible	capable, full of	likeable, responsible
-algia	pain	nostalgia, myalgia
-cide	killing of	patricide, genocide, homicide
-cule	very small	molecule, ridicule
-ology	study of	biology, theology, psychology
-phile	lover of	audiophile, Francophile
-phobia	intense fear of	agoraphobia, xenophobia

