* GO TO BED EARLY
* NO COMPUTER FOR THE DAY (EXCEPT FOR HOMEWORK)
* NO PHONE FOR THE DAY
* NO GAME SYSTEM FOR THE DAY
* NO ALLOWANCE FOR THE WEEK
* NO FRIENDS OVER
* NO STAYING OVER FRIENDS HOUSE
* NO GOING TO HANG OUT WITH FRIENDS FOR THE DAY
* NO TV FOR THE DAY
* NO MUSIC FOR THE DAY