

Daily checklist

Have you:

MORNING:

- ☐ Made your bed?
 - ☐ Gotten dressed?
 - ☐ Had breakfast?
 - ☐ Brushed your hair?
 - ☐ Brushed your teeth?
 - ☐ Put socks and shoes on?
 - ☐ Got your lunch?
 - ☐ Got your backpack?

AFTERNOON:

- ☐ Gotten a snack?
 - ☐ Done your homework?
 - ☐ Read for 20 minutes?
 - ☐ Done your chores?
 - ☐ Played?

EVENING:

- ☐ Set out clothes and shoes?
- ☐ Packed your backpack?
- ☐ Taken a shower or bath?
- ☐ Put your pajamas on?
- ☐ Put clothes in hamper?
- ☐ Brushed your teeth?

CHORES: