

DAILY ROUTINE CHECKLIST

MORNING TASKS

M

T

W

TH

F

S

S

WAKE UP @ 7AM

HAVE BREAKFAST

BRUSH & FLOSS

GET DRESSED

SHOES & SOCKS ON

BRUSH HAIR

BACKPACK ON

CLOTHES IN HAMPER

BED MADE

DISHES IN DISHWASHER

READY TO GO! 8AM

EVENING TASKS

M

T

W

TH

F

S

S

HANG UP BACKPACK

SNACK (FRUIT & VEG)

HOMEWORK

CHORES

HELP WITH DINNER

PACK BACKPACK

SHOWER

LAY OUT CLOTHES

READ 15 MINS

BRUSH & FLOSS

BATHROOM

CHECK-IN W/PARENT

BED BY 8:30PM