Check Off Sheet for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Daily** | **Check it off!** | | | | | | | |
| **Pick up Behind Yourself** | Sun | Mon | | Tue | Wed | Thu | Fri | Sat |
|  |  | |  |  |  |  |  |
| **After dinner, put your stuff at your Launch Pad** | Sun | | Mon | Tue | Wed | Thu | Fri | Sat |
|  | |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **MORNING ROUTINE** | S | M | T | W | Th | F | S |
| Make bed |  |  |  |  |  |  |  |
| Get dressed for school |  |  |  |  |  |  |  |
| Swish & Swipe |  |  |  |  |  |  |  |
| Eat breakfast |  |  |  |  |  |  |  |
| Put your dishes in the dishwasher |  |  |  |  |  |  |  |
| Brush your teeth |  |  |  |  |  |  |  |
| Be ready for school |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **AFTERNOON CHECKLIST** | S | M | T | W | Th | F | S |
| Finish up school work or projects |  |  |  |  |  |  |  |
| Drink your water |  |  |  |  |  |  |  |
| Pick up your stuff for 15 minutes |  |  |  |  |  |  |  |
| 5 minutes exercise |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **AFTER DINNER/BEFORE BED ROUTINE** | S | M | T | W | Th | F | S |
| Check your calendar and forecast |  |  |  |  |  |  |  |
| Lay out your clothes for tomorrow |  |  |  |  |  |  |  |
| Put things needed for tomorrow at the Launch Pad |  |  |  |  |  |  |  |
| Spend two minutes picking up behind yourself |  |  |  |  |  |  |  |
| Check the kitchen sink. Put dirty dishes in the dishwasher |  |  |  |  |  |  |  |
| Wash face/brush teeth/bathe |  |  |  |  |  |  |  |
| Go to bed at a decent hour. Yes, this means YOU! ☺ |  |  |  |  |  |  |  |