

Morning list

- ☐ wake up (6:00 A.M.)
- ☐ get dressed
- ☐ put pajamas away
- ☐ go to bathroom
- ☐ brush teeth
- ☐ brush hair
- ☐ make sure room is clean (bed made, floor clean)
- ☐ get lunch ready
 - ☐ prepare sandwiches
 - ☐ pick out snack
 - ☐ put all food in lunch bag
- ☐ put lunch in bookbag
- ☐ get water ready and put in bookbag
- ☐ put shoes by the door
- ☐ have jacket ready by door (if needed)

Morning list

- ☐ wake up (6:00 A.M.)
- ☐ get dressed
- ☐ put pajamas away
- ☐ go to bathroom
- ☐ brush teeth
- ☐ make sure room is clean (bed made, floor clean)
- ☐ get lunch ready
 - ☐ prepare fruit
 - ☐ pick out snack
 - ☐ put all food in lunch bag
- ☐ put lunch in bookbag
- ☐ get water ready and put in bookbag
- ☐ put shoes by the door
- ☐ have jacket ready by door (if needed)
- ☐ make sure homework folder is in bookbag

Afternoon/evening list

☐

put away shoes, bookbag

☐

take care of lunchbox and water bottle

☐

snack

☐

pick out clothes for tomorrow

☐

practice piano (40 minutes)

☐

daily chore: _____

☐

daily chore: _____

dinner (5:30pm / 6:00pm)

☐

sweep floor

free time (6:00pm-7:40pm)

☐

take a shower (if needed)

☐

put on pajamas

☐

put dirty clothes away

☐

brush teeth

☐

make sure bathroom floor is clean

Afternoon/evening list

☐

put away shoes, bookbag

☐

take care of lunchbox and water bottle

☐

snack

☐

pick out clothes for tomorrow

☐

daily chore: _____

☐

daily chore: _____

dinner (5:30pm / 6:00pm)

☐

clean off table and chairs

free time (6:00pm-7:40pm)

☐

take a shower (if needed)

☐

put on pajamas

☐

put dirty clothes away

☐

brush teeth

☐

make sure bathroom floor is clean



