Morning, Afternoon and Evening Checklists

Morning Checklist:

To be completed before school/work.

- Make Bed
- Shower
- Hang Up Towels
- Get Dressed
- Eat Breakfast
- Clean Up Dishes
- Get Book Bag
- Go to School
- Miscellaneous:
  - _____
  - _____
  - _____
  - _____

Afternoon Checklist:

To be completed after school before play.

- Change out of school clothes
- Eat a snack
- Complete homework
- Review homework
- Pack school bag for tomorrow
- Complete Chores
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  - _____
  - _____
  - _____
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  - _____

Evening Checklist:

To be completed before bed.

- Pack lunch for school
- Pack school bag
- Lay out clothes for morning
- Change into pajamas
- Put dirty clothes in hamper
- Brush teeth.
- Wash face.
- Miscellaneous:
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  - _____
  - _____
  - _____

As Needed Tasks:

Complete the following as needed on designated days.

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