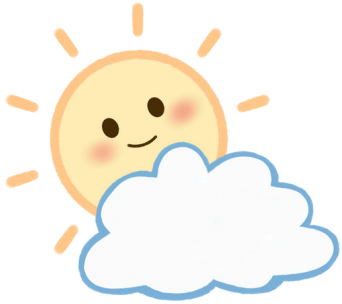


Daily Checklist



Wake-up

- To do -

YES!

















Daily Checklist



Lunch time!

- To do -

YES!

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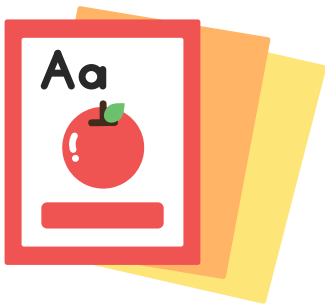

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ready for bed time

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----- Daily Schedule

- To do - **YES!**



















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Did you? *Checklist*

- ☐ Did you exercise and walk today?
- ☐ Did you have healthy meals today?
- ☐ Did you take your vitamins?
- ☐ Did you drink lots of water?
- ☐ Did you took a bath and brush your teeth?
- ☐ Did you take a nap?
- ☐ Did you go to church?
- ☐ What did you learn today?
- ☐ Did you helped mommy and daddy do the house chores?
- ☐ Did you play a lot today?
- ☐ Did you play lots of music, sing and dance today?

YES!

