



Name:

Date:

NIGHTLY CHECKLIST

This is a checklist to use before you leave home for school! We recommend that this be used before going to bed each night.

Checklist for date:



- Check up and downstairs for books, etc.
- Pack your backpack
 - Binders and folders
 - Textbooks
 - Assignment Book
 - Wallet with ID and money \$\$\$
 - Keys
- Lay out your clothes for the next day
 - Pants, shirt
 - Socks and shoes
 - Sweater or coat
 - Gym clothes and packed
- Put your backpack by the door
- Prepare a healthy breakfast (with protein!) you can grab in the morning
- Prepare a water bottle and healthy snack
- Take your shower at night
- Anything else?

Great Job! Now your morning will go smoothly!

Don't forget to grab your backpack, breakfast and snacks!