Sample Morning Checklist

- ☐ Wake Up
- ☐ Put workout clothes on
- ☐ Eat breakfast in the kitchen
- ☐ Clean up breakfast
- ☐ Morning workout/exercise
- ☐ Put workout clothes in hamper
- ☐ Take shower
- ☐ Hang towel
- ☐ Put on deodorant
- ☐ Brush teeth
- ☐ Make bed
- ☐ Get school bag ready
- ☐ Catch the bus – off to school!