

Morning checklist



Name _____

To do	Mon	Tue	Wed	Thu	Fri
 Wake up	☐	☐	☐	☐	☐
 Wash face	☐	☐	☐	☐	☐
 Get dressed	☐	☐	☐	☐	☐
 Eat breakfast	☐	☐	☐	☐	☐
 Brush teeth	☐	☐	☐	☐	☐
 Pack bag	☐	☐	☐	☐	☐
 Put on shoes	☐	☐	☐	☐	☐

How to use it well Do things in the same order every day, and put bags and clothes in the same place the night before. When everything is done, praise right away and specifically ("You packed your bag all by yourself!").
Sources: US Centers for Disease Control and Prevention (CDC) · American Academy of Pediatrics (AAP)