



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!*