

DAILY *checklist* FOR THE FAMILY

Fill in each family member's name and check off when the task is completed!

Name(s)

IN THE MORNING						
Drink Water						
Clean Something						
Move Your Body						
Eat a Healthy Breakfast						
IN THE AFTERNOON						
Read						
Eat a Healthy Snack						
Try Something New						
Get Some Fresh Air						
Drink Water						
IN THE EVENING						
Clean Something						
Play a Game						
Share One Positive Thing						
Enjoy Something Sweet to Eat!						