

Daily Checklist

Bathroom

- **Shower; shampoo hair & scrub entire body with soap**
- **Apply lotion**
- **Wash face with facial soap (twice daily, morning & night)**
- **Apply blemish cream**
- **Apply deodorant**
- **Brush & style hair**
- **Floss teeth (at least once daily)**
- **Brush teeth for two minutes (at least twice daily)**
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Bedroom

- **Make bed**
- **Change into clean underpants, bra & socks**
- **Choose clothing appropriate for the weather**
- **Pick up items and organize before bed**
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Kitchen

- **Help with meal preparation & table setting**
- **Take dishes & leftover food back to the kitchen**
- **Help with cleaning dishes/loading dishwasher**
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After School

- **Clear out backpack of papers; give paperwork to parents.**
- **Wash hands & change out of school clothes; shower if necessary**
- **Restock backpack or purse with feminine hygiene supplies**
- **Homework**
- **Charge school tablet/laptop overnight**
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