

Things To Do Every Day!

My Name: _____

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Take care of body:



Brush my teeth:	☐	☐	☐	☐	☐	☐	☐
Comb my hair:	☐	☐	☐	☐	☐	☐	☐
Bathe myself:	☐	☐	☐	☐	☐	☐	☐
Exercise:	☐	☐	☐	☐	☐	☐	☐

Take care of my home:



Clean up after myself:	☐	☐	☐	☐	☐	☐	☐
Help with the dishes:	☐	☐	☐	☐	☐	☐	☐
Clean my room:	☐	☐	☐	☐	☐	☐	☐
Other assigned chores:	☐	☐	☐	☐	☐	☐	☐

Take care of my mind:



Do my homework:	☐	☐	☐	☐	☐	☐	☐
Read to myself or with someone:	☐	☐	☐	☐	☐	☐	☐

Parent Sign off:

☐	☐	☐	☐	☐	☐	☐	☐
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