

Daily Plan

Time	GET CLEAN! <ul style="list-style-type: none"><input type="checkbox"/> Shower<input type="checkbox"/> Brush Teeth<input type="checkbox"/> Clean Clothes
	EAT! <ul style="list-style-type: none"><input type="checkbox"/> Eat breakfast<input type="checkbox"/> Clean up after yourself
	CHORES! <ul style="list-style-type: none"><input type="checkbox"/> Clean your room + 1 more chore!<input type="checkbox"/> Dishes<input type="checkbox"/> Trash<input type="checkbox"/> Laundry<input type="checkbox"/> Clean counters/tables
	SCHOOL! <ul style="list-style-type: none"><input type="checkbox"/> Go online and check Teacher Messages<input type="checkbox"/> Reading<input type="checkbox"/> Writing<input type="checkbox"/> Social Emotional<input type="checkbox"/> Science or Social Studies
	PHYSICAL ACTIVITY! (Pick 1) <ul style="list-style-type: none"><input type="checkbox"/> Play basketball<input type="checkbox"/> Take a walk with a family member<input type="checkbox"/> Go for a run with a family member<input type="checkbox"/> Ride your bike with a buddy<input type="checkbox"/> Help clean your yard<input type="checkbox"/> Walk or play with your pet
	FAMILY FUN! <ul style="list-style-type: none"><input type="checkbox"/> Play a card game<input type="checkbox"/> Play a board game<input type="checkbox"/> Dance to music<input type="checkbox"/> Watch a show or movie<input type="checkbox"/> Cook a meal together

