



AFTER SCHOOL CHECKLIST



PARENTS: Hang this checklist on the refrigerator. When your child completes a day, shade in the large check mark for that day. Reward them at the end of the week!
CHILD: These are the tasks you should complete everyday after school. Don't forget to check them off!



Monday

Tuesday

Wednesday

Thursday

Friday

Healthy Snack
(Include Glass of Water)

Healthy Snack
(Include Glass of Water)

Healthy Snack
(Include Glass of Water)

Healthy Snack
(Include Glass of Water)

Healthy Snack
(Include Glass of Water)

Homework

Homework

Homework

Homework

Homework

Physical Fitness
(eX. Play Outside For 60 Minutes)

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(eX. Play Outside For 60 Minutes)

Physical Fitness
(eX. Play Outside For 60 Minutes)

Physical Fitness
(eX. Play Outside For 60 Minutes)

Physical Fitness
(eX. Play Outside For 60 Minutes)

Eat ALL Your Dinner
(Don't Forget your veggies)

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Brush Your Teeth Before Bed

Brush Your Teeth Before Bed

Brush Your Teeth Before Bed

Brush Your Teeth Before Bed

Brush Your Teeth Before Bed

Child's Name: _____

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