



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)

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HEALTHY SNACK
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HOMEWORK

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PHYSICAL FITNESS
(EX. PLAY OUTSIDE FOR 60 MINUTES)

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(EX. PLAY OUTSIDE FOR 60 MINUTES)

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EAT ALL YOUR DINNER
(DON'T FORGET YOUR VEGGIES)

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BRUSH YOUR TEETH BEFORE BED

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BRUSH YOUR TEETH BEFORE BED

CHILD'S NAME: _____

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