BREWER

MY DAILY CHECKLIST

Normal days: bus about 8:25 AM | Wednesday: tutoring 8:30–9:00 + late start 9:50 | Thursday: school tutoring 7:30–8:30

1 | MORNING ROUTINE

- ☐ Wake up (7:30)
- ☐ Eat breakfast
- ☐ Make bed
- ☐ Get dressed
- ☐ Put pajamas away
- ☐ Fix hair
- ☐ Brush teeth
- ☐ Prayer time
- ☐ Stretch / exercise
- ☐ Backpack + water bottle ready

2 | AFTER-SCHOOL RESET

- ☐ Home around 4:20–4:25
- ☐ Shoes + backpack away
- ☐ Empty backpack
- ☐ Papers where they belong
- ☐ Wash + refill water cup
- ☐ Snack
- ☐ Homework
- ☐ Read 20 minutes
- ☐ Clean room
- ☐ Get sports gear ready

☐ CLEAN YOUR ROOM

Make bed • pajamas away • clothes in hamper • shoes away • floor clear • trash out • dishes to sink • everything put away

SPORTS STRENGTH + MOVEMENT

SPORTS ARMS — LIGHT WEIGHTS

- ☐ 10 bicep curls
- ☐ 10 lateral raises
- ☐ 10 overhead presses
- ☐ 10 front raises

Start with 1 round; work toward 3. Use controlled form and light weights.

BODY + LEGS

- ☐ 20 jumping jacks
- ☐ 10 sit-ups
- ☐ 10 push-ups
- ☐ 1 minute rebounding
- ☐ 10 squats
- ☐ 10 front lunges each leg
- ☐ 10 side lunges each leg

3 | BEFORE SCREENS

- ☐ Homework finished
- ☐ Read for at least 20 minutes
- ☐ Room checked
- ☐ Today's household job finished
- ☐ Activity gear ready

4 | NIGHT ROUTINE

- ☐ 10-minute family tidy
- ☐ Shower / bath
- ☐ Clothes in hamper
- ☐ Clean ears
- ☐ Put on pajamas
- ☐ Brush teeth
- ☐ Lay out tomorrow's clothes
- ☐ Pack backpack + sports gear
- ☐ Prayer time
- ☐ Bedtime

RESPONSIBILITIES BEFORE SCREENS • DON'T PUT IT DOWN—PUT IT AWAY

Family reset: 10-minute tidy every night — all hands on deck.

BREWER | MY WEEK AT A GLANCE

WEEK OF: **Add practices, games, tutoring, school events, or reminders.**

MONDAY
Activities • school • games • reminders

FRIDAY
Activities • school • games • reminders

TUESDAY
Activities • school • games • reminders

SATURDAY
Activities • school • games • reminders

WEDNESDAY
Activities • school • games • reminders

SUNDAY
Activities • school • games • reminders

THURSDAY
Activities • school • games • reminders

EXTRA NOTES
Anything else to remember this week

HOUSEHOLD CONTRIBUTIONS
- ☐ Pick up dog poop outside
- ☐ Dust the living room
- ☐ Pick up common areas
- ☐ Personal laundry with help as needed
- ☐ Other household job

WEEKLY ESSENTIALS
- ☐ Laundry finished and put away
- ☐ Read 20 minutes every day
- ☐ Church added
- ☐ Activities and tutoring added
- ☐ Backpack + gear ready for Monday

MY GOAL THIS WEEK	SOMETHING FUN I'M LOOKING FORWARD TO
I'M WORKING TOWARD	**WIN OF THE WEEK**

TAKE CARE OF YOURSELF • TAKE CARE OF YOUR THINGS • CONTRIBUTE TO YOUR HOME • PREPARE FOR TOMORROW