RHIAN

MY DAILY CHECKLIST

School days: ready to leave by 6:45 AM | Wednesday: late start (school begins 8:25 AM)

1 | MORNING ROUTINE

- ☐ Wake up (5:45–6:00)
- ☐ Eat breakfast
- ☐ Make bed
- ☐ Get dressed + put pajamas away
- ☐ Fix hair
- ☐ Brush teeth
- ☐ Prayer time
- ☐ Movement / stretch (if time)
- ☐ Backpack + water bottle ready

2 | AFTER-SCHOOL RESET

- ☐ Home around 3:00
- ☐ Shoes + backpack put away
- ☐ Empty backpack; papers where they belong
- ☐ Wash + refill water cup
- ☐ Snack
- ☐ Homework
- ☐ Read 20 minutes
- ☐ Clean room
- ☐ Prepare for tonight's activity

☐ CLEAN YOUR ROOM

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

3 | BEFORE SCREENS

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

VOLLEYBALL ARMS — LIGHT WEIGHTS

- ☐ 10 bicep curls
- ☐ 10 shoulder presses
- ☐ 10 front raises
- ☐ 10 lateral raises
- ☐ 10 bent-over rows
- ☐ 10 overhead tricep extensions

Choose 3 arms + 3 legs/cardio. Controlled form; stop if anything hurts.

4 | NIGHT ROUTINE

- ☐ 10-minute family tidy
- ☐ Shower / bath
- ☐ Dirty clothes in hamper
- ☐ Clean ears
- ☐ Pajamas + brush teeth
- ☐ Lay out tomorrow's clothes
- ☐ Pack backpack + activity gear
- ☐ Prayer time
- ☐ Go to bed on time

VOLLEYBALL LEGS + CARDIO

- ☐ 12 squats
- ☐ 8 forward lunges each leg
- ☐ 8 reverse lunges each leg
- ☐ 12 glute bridges
- ☐ 15 calf raises
- ☐ 20 jumping jacks
- ☐ 6 burpees

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

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

RHIAN | MY WEEK AT A GLANCE

WEEK OF: _____ **Add what matters for each day.**

MONDAY
- School / important: _____
- Activities / plans: _____
- Remember: _____

TUESDAY
- School / important: _____
- Activities / plans: _____
- Remember: _____

WEDNESDAY
- School / important: _____
- Activities / plans: _____
- Remember: _____

THURSDAY
- School / important: _____
- Activities / plans: _____
- Remember: _____

FRIDAY
- School / important: _____
- Activities / plans: _____
- Remember: _____

SATURDAY
- School / important: _____
- Activities / plans: _____
- Remember: _____

SUNDAY
- School / important: _____
- Activities / plans: _____
- Remember: _____

EXTRA NOTES
- _____
- _____
- _____

HOUSEHOLD CONTRIBUTIONS
☐ Clean front bathroom
☐ Vacuum tile
☐ Mop tile
☐ Personal laundry from start to finish
☐ Other: _____

WEEKLY ESSENTIALS
☐ Laundry completed and put away
☐ Read 20 minutes every day
☐ Church / serving added
☐ Activities and appointments 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