Daily Checklist

Rather than creating a set schedule some prefer a checklist of things they MUST complete everyday and then like the ownership of determining the order depending on how they feel each day. For example:

- Wake up at 9:00 am
- Complete homework assignments for the day
- Be outside for at least an hour
- Complete family chores/responsibilities
- Complete some form of exercise
- Connect with friends (virtually)
- Complete a favourite activity
- Eat 3 meals a day
- Spend time with my family
- Technology Time (phone, video games, etc) away by 10:00pm
- Good night at 11:00