



Get Ready Checklist

- Use the Toilet
 - Flush
 - Wash Hands

- Make Bed

- Stretch

- Breakfast
 - Clear Spot

- Take Vitamins

- Brush Teeth

- Wash Face - Brush Hair

- Put Oils On

- Get Dressed

- Dirty Clothes in the Hamper

- Read for 15 minutes

- Fill Waterbottle

- Plan Your Day

- Chores

- Get Things Ready for Today's Activities