



LifeStage
Home Solutions

DwellSafe

352-289-4578



FairlambSales@gmail.com

It's better to prepare
5 years early than 5
minutes late!

Daily Check-In Checklist for Parents

Use this to guide morning and evening calls—focusing on hydration, movement, and meals. ✓
Keep it conversational and lighthearted!

Morning Call

Question

How did you sleep last night? Did you wake up feeling refreshed? ☐

What are your plans for breakfast today? Anything tasty on the menu? ☐

Have you had a glass of water yet? What's your favorite way to start hydrating in the morning? ☐

Do you have any plans to get outside today? The weather looks like [insert weather]—nice day for a short walk? ☐

I'm thinking of trying a new healthy recipe—got any favorites to recommend? ☐

Have you been using the water bottle I sent you? Is it helping you drink more throughout the day? ☐

Evening Call

Question

How was your day? Did you manage to get outside or get a little movement in? ☐

What was the highlight of your meals today? Try anything new or stick to the classics? ☐

How many times did you refill your water bottle today? I need inspiration too! ☐

Did you get a chance to walk—even a bit around the house? How did it feel? ☐

What are your dinner plans? Anything in the fridge you want to use up? ☐

Do you ever drink a glass of water before bed? I've been trying it—it helps me sleep better. ☐

Do you need me to order any groceries or supplies for you? ☐

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Don and Bobbie Fairlamb

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