




My

DAILY CHECKLIST

ACTIVITY/TASK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Personal Care hygiene, take care of self						
Contributions chores, help out, pick up after self						
Learning read, build, create, learn something new, go in nature						
Mind Care breathing, sit spot, being aware of body, prayer						
Exercise move my body!						
Connection call or hang out with a friend, facetime family						
Play! have fun!		