








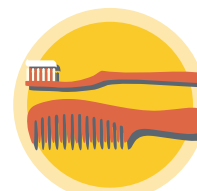





KID'S CHECKLIST

for a great school day




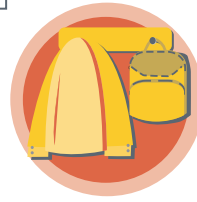
NIGHT BEFORE SCHOOL																								
<input type="checkbox"/>  Eat dinner					<input type="checkbox"/>  Pack lunch					<input type="checkbox"/>  Check the weather					<input type="checkbox"/>  Lay out your gear					<input type="checkbox"/>  Check calendar for special activities				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
<input type="checkbox"/>  Pack backpack					<input type="checkbox"/>  Pick clothes					<input type="checkbox"/>  Wash up					<input type="checkbox"/>  Read a book					<input type="checkbox"/>  Get plenty of sleep				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F

MORNING																			
<input type="checkbox"/>  Wake up and get dressed					<input type="checkbox"/>  Eat breakfast					<input type="checkbox"/>  Brush teeth and hair					<input type="checkbox"/>  Pack lunch and water in your backpack				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F









AFTER SCHOOL

<input type="checkbox"/>  Unpack backpack					<input type="checkbox"/>  Get outside					<input type="checkbox"/>  Complete homework					<input type="checkbox"/>  Hang up any outdoor gear				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F

IF YOU'RE WALKING TO SCHOOL

<input type="checkbox"/>  Make sure your backpack is adjusted and packed well					<input type="checkbox"/>  Wear comfortable footwear					<input type="checkbox"/>  Dress for the weather				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F

IF YOU'RE CYCLING OR USING A SCOOTER TO GET TO SCHOOL

<input type="checkbox"/>  Make sure your backpack is adjusted and packed well Consider a chest clip for a secure fit!					<input type="checkbox"/>  Grab your helmet, make sure it's adjusted properly					<input type="checkbox"/>  Don't forget your lock!					<input type="checkbox"/>  Check your bike or scooter to make sure it's in good shape Check your tire air, brakes, and chains before you roll				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F

