

The Kid2Great Daily Checklist

Date: _____

24 things, six blocks

TODAY'S SMART GOAL

I will _____, by _____ o'clock.

Morning launch

BEFORE YOU LEAVE

- ☐ Bed made, room reset
- ☐ Washed, dressed, teeth
- ☐ Breakfast + water bottle filled
- ☐ Bag packed against tomorrow's timetable
- ☐ Said one line out loud

Sport & body

ANYTIME

- ☐ Practice reps — the boring skill, not the fun one
- ☐ Moved hard for 30 minutes
- ☐ Kit washed and packed for next session
- ☐ Water, real food, screens off 45 min before bed

Family & connection

EVENING

- ☐ Real conversation with someone at home — no screen
- ☐ One kind thing, done quietly
- ☐ Said thank you and meant it

School & homework

AFTERNOON

- ☐ Homework written down before leaving class
- ☐ Hardest subject first, 25 focused minutes
- ☐ Work checked once before it's called done
- ☐ Reading — 20 minutes
- ☐ Asked one question about something I didn't get

Chores & contribution

BEFORE DINNER

- ☐ My daily job, done without a reminder
- ☐ Cleared my plate and one thing that wasn't mine
- ☐ Put away what I got out

Mind & reset

BEFORE BED

- ☐ One thing I'm grateful for
- ☐ One thing I got better at today
- ☐ One thing I'll do differently tomorrow
- ☐ Tomorrow's bag and clothes ready