

TEEN CHECKLIST

TO DO:

MORNING

EVENING

SHOWER, WASH HAIR & BODY, SHAVE IF NEEDED

WASH FACE

BRUSH & FLOSS TEETH

COMB & STYLE HAIR

DEODORANT

GET DRESSED, CLEAN UNDERWEAR & SOCKS

MAKE BED

CLEAN YOUR ROOM

30 MINS OF EXERCISE

30 MINS OF READING

HEALTHY FOOD

DO YOUR LAUNDRY

GOOD NIGHT OF SLEEP

CLIP NAILS, ONCE A WEEK