

To Do List for High School Aged Children



- **Make your bed in the morning**___
- **Brush your hair and teeth twice a day: 1___ 2___**
- **Do your chores**___
- **Drive responsibly**___
- **Do your homework**___
- **Pack your backpack and lunch**___
- **Cook dinner/practice cooking skills**___
- **Start looking for your first job**___
- **Start making your own medical appointments**___
- **Help your younger siblings (of applicable)**___
- **Do things for those in your house without them asking you for help**___
- **Keep your room tidy**___
- **Be physically active for at least 30 minutes a day**___