

My Balanced Daily To-Do List

Each day, the student and family choose preferred activities that can be earned by completing the tasks. The student chooses tasks each day. The student crosses off each completed task, in any order. When the minimum requirement has been met, the student earns the preferred activity. Feel free to customize the lists with your own activity choices.

Body/Mind/ Self Care



Pick 2
At least 1 hour total

- ☐ Meditate
- ☐ Hygiene/Bath
- ☐ Sports
- ☐ Walk
- ☐ Yoga
- ☐ Run
- ☐ Journal
- ☐ Martial Arts
- ☐ Read
- ☐ Do puzzles

Creative Arts or Crafts



Pick 2
At least 2 hours total

- ☐ Music/Instrument
- ☐ Art
- ☐ Legos
- ☐ Build
- ☐ Drama
- ☐ Sewing/kintting
- ☐ Photography
- ☐ Write stories/songs
- ☐ Create cartoons
- ☐ Clay/sculpture
- ☐ Make music videos

Academics

Time guidelines per grade:
K - 1st: 45 minutes
2nd - 3rd: 60 minutes
4th - 5th: 90 minutes
6th - 12th: 30 minutes per subject

Recommended by teacher to complete daily

- ☐ Language arts
- ☐ Math

Choose 1-2 others:

- ☐ Google Classroom
- ☐ Math
- ☐ Language Arts
- ☐ Science
- ☐ History
- ☐ Independent reading

Chores/ Acts of Service



Pick 2
At least 1 hour total

- ☐ Chores
- ☐ Cooking
- ☐ Gardening
- ☐ Help with a project
- ☐ Help with siblings
- ☐ Read stories to children
- ☐ Write thank-you letters or draw pictures for community helpers or first responders

Social Connections



Pick 2
At least 1 hour total

- ☐ Video hangout w/ friends
- ☐ Call other family members
- ☐ Write letters
- ☐ Make something to send to a friend/family member
- ☐ Play a game with family

PREFERRED ACTIVITIES

When all of the chosen activities have been completed for the day, I can choose _____ minutes/hours of the following:

- | | | |
|---|---------------------------------|---------------------------------|
| <input type="checkbox"/> Games/screen time (_____ time limit) | <input type="checkbox"/> Treat | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Movies/TV | <input type="checkbox"/> Other: | <input type="checkbox"/> Other: |