

# Daily To-Do List

*Have you...*

- eaten a healthy breakfast
- gotten ready for the day
- done your daily chores

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- read for 30 minutes
- done something active

(gone on a bike ride, shot baskets, jumped on the trampoline, taken a walk)

- done something creative

(written a story, drawn a picture, taken a photographs, built something)

*Enjoy \_\_\_\_\_ minutes of screen time!*