

# Back to School Checklist

#### Make sure you have or buy:

- \_\_\_\_ School Supplies (check with school or district)
- \_\_\_ Backpack
- \_\_\_ Lunch box
- \_\_\_ Reusable water bottle
- \_\_\_ Lunch cooler
- \_\_\_ School clothes / uniform
- <u>School shoes</u>
- \_\_\_\_ Special uniforms/shoes for sports and activities
- \_\_\_\_ Lanyard (if needed for school ID)
- \_\_\_\_ Lunch and snack supplies (many classrooms are nut-free!)

#### Make sure you do:

- \_\_\_\_ Go to any meet the teacher/roundup/orientation events at school
- \_\_\_\_ Get any last minute shots or physicals for school or athletics
- \_\_\_\_ Have a copy of shot record or special medical needs/allergies forms
- \_\_\_\_ Make arrangements for before/after school care
- \_\_\_\_ Go over transportation with your kids (bus, carpool, walk, bike?)
- \_\_\_\_ Get back in your regular routine for bedtime and wake up time

#### Other things you might want to do:

- \_\_\_\_ Make a daily routine for your family that fits your new schedule
- \_\_\_ Get a back to school haircut
- \_\_\_\_ Clear out and clean up your homework spot so it is ready for use
- \_\_\_\_ Make a meal plan for the first week of school
- \_\_\_\_ Do a last minute fun summer activity with your kids

Master Shopping List

#### Clothes/Shoes

| School Supplies |  |
|-----------------|--|
|                 |  |
|                 |  |
|                 |  |
|                 |  |
|                 |  |
|                 |  |
|                 |  |
| Miscellaneous   |  |
|                 |  |
|                 |  |
|                 |  |
|                 |  |

# Grocery Shopping List

| 2019 | Complete | Clutter | Control |
|------|----------|---------|---------|
|      |          |         |         |

Daily Routine

| Morning   |  |  |
|-----------|--|--|
|           |  |  |
|           |  |  |
|           |  |  |
|           |  |  |
|           |  |  |
|           |  |  |
| Afternoon |  |  |
|           |  |  |
|           |  |  |
|           |  |  |
|           |  |  |
|           |  |  |
|           |  |  |
| Evening   |  |  |
|           |  |  |
|           |  |  |
|           |  |  |

### Meal Plan - Breakfast

| Monday               | Shopping List for the week |
|----------------------|----------------------------|
|                      |                            |
| Tuesday              |                            |
|                      |                            |
| ))) / o due o d eu / |                            |
| Wednesday            |                            |
|                      |                            |
| Thursday             | ·<br>·                     |
|                      |                            |
|                      |                            |
| Friday               |                            |
|                      |                            |
|                      |                            |
| Saturday             |                            |
|                      |                            |
|                      |                            |
| Sunday               |                            |
|                      |                            |

# Meal Plan - Lunch/Snacks

| Monday    | Shopping List for the week |
|-----------|----------------------------|
|           |                            |
| Tuesday   |                            |
|           |                            |
|           |                            |
| Wednesday |                            |
|           |                            |
|           |                            |
| Thursday  |                            |
|           |                            |
|           |                            |
| Friday    |                            |
|           |                            |
|           |                            |
| Saturday  |                            |
|           |                            |
| Sunday    |                            |
| Junday    |                            |
|           |                            |

### Meal Plan - Dinner

| Monday    | Shopping List for the week |
|-----------|----------------------------|
|           |                            |
| Tuesday   | i                          |
|           |                            |
|           |                            |
| Wednesday |                            |
|           |                            |
| Thursday  |                            |
|           |                            |
|           |                            |
| Friday    |                            |
|           |                            |
| Saturday  |                            |
| ,         |                            |
|           |                            |
| Sunday    |                            |
|           |                            |

Jomework Planner

