



# Back To School Checklist



Check the school calendar to make sure you are aware of all the important dates: social events, registration, meet the teacher, etc.



Get all dr's appointments, shots, medicines, and paper work taken care of



Go through clothes to get rid of items that don't fit or are too worn out. Plan a fun shopping outing!



Get school supply lists, check on what you already have first, then buy the things you still need.



Figure out your transportation plan - start times, bus routes, walking routes, etc.



Make haircut appointments



Adjust schedules so that internal clocks are ready for an early school wake up



Do some meal planning for breakfasts, school lunches, and snacks



Plan time with friends to get excited about renewing those connections!