



Back To School Checklist

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

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

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

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

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

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Make haircut appointments

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

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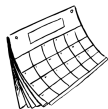

Do some meal planning for breakfasts, school lunches, and snacks

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



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