



Personal Care

-  Wash clothes, iron a shirt
-  Basic cooking - eggs, pasta, grilled cheese, favorite dish
-  Brew coffee
-  Buy toiletries
-  Sew on a button, hem pants
-  Tie a tie
-  Understand basic nutrition
-  Wash sheets and towels regularly

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This list is designed to fit perfectly on a kid-sized clipboard:



Or try it on any mobile device!





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