

# Morning Checklist

## Middle School

- ☐ 6:00–6:30 A.M. WAKE UP WITH AN ALARM. ADD A QUICK STRETCH OR A FEW DEEP BREATHS.
- ☐ 6:30 BREAKFAST & WATER—PROTEIN AND HYDRATION ARE KEY.
- ☐ 7:00 A.M. SHOWER OR FRESHEN UP TO FEEL AWAKE.
- ☐ 7:15 A.M. GET DRESSED AND BACKPACK CHECK.
- ☐ 7:30 A.M. SCREENS OFF. TAKE FIVE MINUTES FOR MINDFULNESS OR GRATITUDE.
- ☐ 7:45 A.M. HEAD OUT WITH A SMILE.

**Mom Tip:** Ask about one fun thing they're looking forward to that day—it sets a positive tone.