

Daily Routine Checklist for Kids Ages 10–12

MORNING

- | | |
|---|-------------|
| ☐ Brush your teeth (morning) | Every day |
| ☐ Make your bed | Every day |
| ☐ Come to school on time | School days |

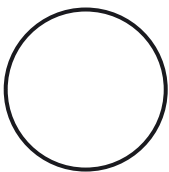
DAYTIME

- | | |
|---|-------------|
| ☐ Do homework | School days |
| ☐ Read for 30 minutes | Every day |
| ☐ Exercise or sports | Every day |
| ☐ Clean your room | Saturday |
| ☐ Learn something new | Every day |
| ☐ Eat your veggies | Every day |
| ☐ Eat a piece of fruit | Every day |
| ☐ Drink enough water | Every day |

EVENING

- | | |
|---|-------------|
| ☐ Brush your teeth (evening) | Every day |
| ☐ Take a shower | Every day |
| ☐ Prepare your schoolbag | School days |

DRAW YOUR MOOD TODAY



How was your day? Draw a face!

Turn this checklist into quests your child completes on their own — with stars and real rewards.

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