

Starday

starday.gosu.team

Daily Routine Checklist for Teens (Ages 13–16)

MORNING

- | | |
|---|-----------|
| ☐ Brush your teeth (morning) | Every day |
| ☐ Make your bed | Every day |

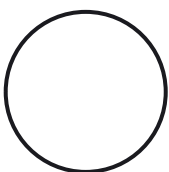
DAYTIME

- | | |
|---|-------------|
| ☐ Do homework | School days |
| ☐ Read for 30 minutes | Every day |
| ☐ Exercise | Every day |
| ☐ Clean your room | Saturday |
| ☐ Cook a meal | Friday |
| ☐ Study / review notes | School days |
| ☐ 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 |
| ☐ Do your laundry | Wednesday |
| ☐ Plan tomorrow | Every day |

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.

Get Starday on the App Store or at starday.gosu.team