MORNING LAUNCH

Name: _____

Date: _____

Fewer decisions in the morning means fewer things to forget. Set things up the night before, then follow the list.

1 The night before

- ☐ Clothes chosen and laid out
- ☐ Phone and laptop charging
- ☐ Checked tomorrow: tests, sports kit, forms
- ☐ _____
- ☐ Bag packed and by the door
- ☐ Lunch or lunch money sorted
- ☐ Alarm set (plus a backup)
- ☐ _____

2 Wake up and get going

- ☐ Up when the alarm goes
- ☐ Open the curtains, drink some water
- ☐ Wash, teeth, deodorant
- ☐ Get dressed
- ☐ Eat something, even if it's small
- ☐ _____

3 My time plan

Alarm goes off : _____

Out of bed : _____

Dressed : _____

Breakfast done : _____

Out the door : _____

Work back from when you need to leave, then add 10 minutes of buffer.

4 Out-the-door check

Pick a spot by the door for these, and do a quick tap-check before you leave.

☐ **Phone** ☐ **Keys** ☐ **School ID** ☐ **Bag** ☐ **Water bottle** ☐ **Lunch**

☐ **Headphones** ☐ **Homework** ☐ **Sports kit** ☐ _____

5 My week

Tick each day you got out the door on time.

Mon	Tue	Wed	Thu	Fri
☐	☐	☐	☐	☐

What helped most this week?

_____

One thing I'll change next week:

_____

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