

BACK TO SCHOOL

checklist

Two Months Before

- Schedule doctor appointment
- Schedule dental appointment
- Schedule vision checkup

One Month Before

- Purchase school supplies
- Purchase lunch supplies
- Purchase school clothes and shoes

Two Weeks Before

- Create a simple before & after school routine chart
- Coordinate before & after school care/pickup

One Week Before

- Purchase and organize lunch food and after school snacks
- Set up a lunch making station and print lunch box notes
- Choose a fun family activity to do before school starts

Two Days Before

- Get back-to-school haircuts and hairstyles

One Day Before

- Pack backpack and lunch box
- Choose outfit for the first day

First Day Of School

- Take lots of pictures!

WEEKLY LUNCH PLANNER

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SNACKS

TO BUY

