



BACK-TO-SCHOOL CHECKLIST

one month before school starts

- Set up doctors appointments
- Sign up for fall sports & activities
- Clean out the freezer & stock up on fast breakfasts
- Start meal prepping for busy nights
- Sort through last year's clothes & determine what you need to buy

Three weeks before school starts

- Go over school calendar & add it to your family calendar
- Shop for clothes (consider waiting for fall to buy winter clothes)
- Schedule haircuts

Two weeks before school starts

- Transition to earlier bedtime & wake up
- Start setting up carpools if necessary
- Create, clean & organize study spaces
- Create an organized drop zone for backpacks, shoes & outerwear

one week before school starts

- Shop for school supplies
- Make a grocery list of needed food & supplies for lunches
- Create a backpack station & a place for school papers
- Discuss school year expectations
- Wash & organize new clothes