

FRANKIE'S MONDAY CHECKLIST

- Get Dressed
- Eat Breakfast and Read 1 book
- Morning Medicine
- Put Lunch, snacks and water in book bag
- Karate 6-7pm
- One chore stick while mommy gets dinner ready
- Dinner and 30 minutes of T.V. (set timer)
- Pack your lunch and snacks for tomorrow
- Night Medicine
- Brush your teeth
- Leave clothes out for tomorrow
- Say your prayers

FRANKIE'S TUESDAY CHECKLIST

Get Dressed

Eat Breakfast and Watch T.V. until 7am

Morning Medicine

Put Lunch, snacks and water in book bag

Dinner and TV until 6:30pm

Go to the Gym and Play time

Shower

Pack your lunch and snacks for tomorrow

Night Medicine

Brush your teeth

Leave clothes out for tomorrow

Say your prayers

FRANKIE'S WEDNESDAY CHECKLIST

- Get Dressed
- Eat Breakfast and Read 1 Book
- Morning Medicine
- Put Lunch, snacks and water in book bag
- Karate 6-7pm
- One chore stick while mommy gets dinner ready
- Dinner and 30 minutes of T.V. (set timer)
- Pack your lunch and snacks for tomorrow
- Night Medicine
- Brush your teeth
- Leave clothes out for tomorrow
- Say your prayers

FRANKIE'S THURSDAY CHECKLIST

Get Dressed

Eat Breakfast and Watch T.V. until 7am

Morning Medicine

Put Lunch, snacks and water in book bag

Dinner and TV until 6:30pm

Go to Gym and Play Time

Do Two Pages of Your Smart Boy Book

Pack your lunch and snacks for tomorrow

Night Medicine

Brush your teeth

Leave clothes out for tomorrow

Say your prayers

FRANKIE'S FRIDAY CHECKLIST

Get Dressed

Eat Breakfast and Watch T.V. until 7am

Morning Medicine

Put Lunch, snacks and water in book bag

One chore stick while mommy gets dinner ready

One chore stick while mommy gets dinner ready

Do Two Pages of Your Smart Boy Book

Dinner and 60 minutes of T.V. (set timer)

Night Medicine

Brush your teeth

Say your prayers

FRANKIE'S SATURDAY CHECKLIST

Cuddle with Daddy and Mommy

Eat Breakfast and 30 minutes of T.V. (set timer)

Morning Medicine

Get Dressed

Go to Gym and Play Time

3 Chore Sticks and your laundry

30 minutes of Video Games (set timer)

Dad and Mom Time / Read a New Book in the Car

Do Two Pages of Smart Boy Book

30 minutes of Fun Time (set timer)

Dinner and 30 minutes of T.V. (set timer)

Shower

Night Medicine

Brush your teeth

Movie Time

Say your prayers

FRANKIE'S SUNDAY CHECKLIST

Cuddle with Daddy and Mommy

Eat Breakfast and 30 minutes of T.V. (set timer)

Morning Medicine

Get Dressed

Church Time

30 minutes of T.V. or video games (set timer)

Dad and Mom Time

Read 1 book

Dinner and 30 minutes of T.V. (set timer)

Pack your lunch and snacks for tomorrow

Night Medicine

Brush your teeth

Leave clothes out for tomorrow

Say your prayers