Starday
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Daily Routine for Teens (Ages 13–16)

MORNING

- [ ] Brush your teeth (morning) — Every day
- [ ] Make your bed — Every day

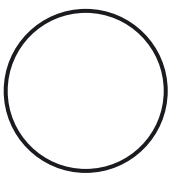
DAYTIME

- [ ] 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.
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