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import json
import os

CHECKLIST_FILE = "checklist.json"

def load_tasks():
    if os.path.exists(CHECKLIST_FILE):
        with open(CHECKLIST_FILE, "r") as file:
            return json.load(file)
    return []

def save_tasks(tasks):
    with open(CHECKLIST_FILE, "w") as file:
        json.dump(tasks, file, indent=4)

def display_tasks(tasks):
    if not tasks:
        print("No tasks for today!")
    for i, task in enumerate(tasks, start=1):
        status = "✓" if task["done"] else "✗"
        print(f"{i}. [{status}] {task['task']}")

def add_task(tasks):
    task_text = input("Enter new task: ").strip()
    if task_text:
        tasks.append({"task": task_text, "done": False})
        print("Task added.")
    else:
        print("Task cannot be empty.")

def mark_task_done(tasks):
    display_tasks(tasks)
    try:
        index = int(input("Enter task number to mark as done: ")) - 1
        if 0 <= index < len(tasks):
            tasks[index]["done"] = True
            print("Task marked as done.")
        else:
            print("Invalid task number.")
    except ValueError:
        print("Please enter a valid number.")

def main():
    tasks = load_tasks()

```

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while True:
    print("\n--- Daily Checklist ---")
    display_tasks(tasks)
    print("\nOptions:")
    print("1. Add Task")
    print("2. Mark Task Done")
    print("3. Save and Exit")

    choice = input("Choose an option (1-3): ").strip()

    if choice == "1":
        add_task(tasks)
    elif choice == "2":
        mark_task_done(tasks)
    elif choice == "3":
        save_tasks(tasks)
        print("Checklist saved. Goodbye!")
        break
    else:
        print("Invalid choice. Please select 1, 2, or 3.")

if __name__ == "__main__":
    main()
```