Daily task checklist

Catch a Pokémon
Spin a Pokéstop/Gym
Validate a quest
Earn 50 coins
Win a raid with your free pass (or skip it and win it tomorrow without any new skips/postponements only if you received the pass today, dont forget to receive a new free pass after player the next days raid)
Do a special trade with a friend
Send/Open your gifts to/from your friends
Do PVPs, 3 with friends, 1 with NPC gym leader
Find Smeargle