

☐ Get Opal to school

☐ Eat Breakfast, take meds

☐ Pick up any trash

☐ Unload/Load dishwasher

☐ Figure out dinner and prep

☐ Walk Eska

☐ Do a round of Laundry

☐ Special task 1:

☐ Special task 2:

tasks for adults		tasks for Opal
Vacuum/ Swiffer	Clean Desk	wipe down knobs and handles
Reorganize something	wipe windows	vacuum room
Packing	wipe picture frames	Practice piano (30 min)
Clean bathroom	sweep litter area	Pick up living room trash
Clean pet areas	write a grocery list	Feed Dog/ Bunny
Clean hallway	deep clean the toilet	Take the trash out
Surface disinfectant	deep clean the sink	wipe out the bathroom sink
Clean a car	clean the shower	Find clothes to put in a basket
Throw something from the backyard away	Water plants	Help with dishwasher
Grocery shopping	Other!	Bring laundry out of your room

Opening Checklist

☐ Check doors are locked

☐ Check Laundry

☐ Load/unload dishwasher

☐ Tidy living room

☐ Prep coffee machine

☐ Scoop litter boxes

☐ Pick up trash

☐ wipe down counters

☐ take out garbage/recycling

☐ Make Opal's lunch for tomorrow

☐ Make sure you've taken your meds

☐ Write down tomorrow's tasks on the whiteboard

Closing Checklist
