



mom to ♥ mom
— NUTRITION —

Let's get ready for school tomorrow!

A LITTLE PREP TONIGHT = A SMOOTHER MORNING TOMORROW

Tonight, I will...

☐

PACK MY BACKPACK

Check for homework,
folders, lunch, water bottle

☐

PICK OUT MY CLOTHES

Outfit, socks, shoes,
and anything for practice

☐

CHECK MY HOMEWORK

Make sure it's done and
in my backpack

☐

PACK MY LUNCH

If needed

☐

GET A GOOD NIGHT'S SLEEP

Rest up—big day ahead!



A FEW MINUTES
TONIGHT SAVES
A LOT OF STRESS
IN THE MORNING.



What would you like FOR BREAKFAST?

LET ME KNOW TONIGHT
SO WE CAN BE READY
IN THE MORNING!



I WOULD LIKE: ☺

☐

PROTEIN DRINK

☐

CEREAL

☐

EGGS

☐

WAFFLE

☐



→ same food. different plate. ♥