

Daily Checklist

Day:

Date:

Today's **Movement** goals:

1.
2.
3.
4.

Today's **Food & Hydration** goals:

1.
2.
3.
4.

Today's **Stillness & Calmness** goals:

1.
2.
3.
4.



Oide

Tacú leis an bhFoghlaim
Ghairmiúil i measc Ceannairí
Scoile agus Múinteoirí

Supporting the Professional
Learning of School Leaders
and Teachers