

Homeschool Student Health & Wellness Checklist

Physical Health

- ☐ Daily Physical Activity Completed
- ☐ Healthy Meals/Snacks Eaten
- ☐ Hydration (Enough Water Drank)
- ☐ Sufficient Sleep (Last Night)
- ☐ Personal Hygiene (Teeth, Bath, etc.)

Mental & Emotional Wellness

- ☐ Time for Relaxation/Breaks
- ☐ Stress Level Managed
- ☐ Social Interaction (In-Person or Virtual)
- ☐ Positive Thoughts/Gratitude Expressed

Learning Environment

- ☐ Workspace Organized/Clutter-Free
- ☐ Minimal Distractions
- ☐ Comfortable Seating/Lighting

Notes