

# SUMMER DAILY CHECK-IN

YOUR LIFE IS A GARDEN SO PLANT SEEDS, WATER THEM,  
AND PULL THE WEEDS.  
DAILY LEANING INTO GOD TO FLOURISH.

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TODAY IS \_\_\_\_\_

THE ITEMS BELOW SHOULD BE DONE BEFORE YOUR MORNING SCREEN TIME.

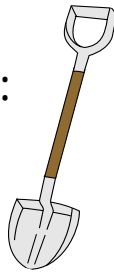
## MORNING CHECK-IN

- BRUSH TEETH
- COMB HAIR
- MAKE BED
- CLEAN ROOM
- CHORE FOR THE DAY:

● \_\_\_\_\_

● EAT BREAKFAST

● \_\_\_\_\_



## GROWING IN SPIRIT

CONNECTING WITH GOD:  
● BIBLE STUDY

● DEVOTIONAL

● PRAYER JOURNAL

● WORSHIP SONG



THE ITEMS BELOW SHOULD BE DONE BEFORE YOUR AFTERNOON SCREEN TIME.

## HOW'S YOUR HEART?

I FEEL \_\_\_\_\_.

I NEED:

- REST
- A HUG
- ENCOURAGING WORDS
- ALONE TIME
- 10 MINUTE CONNECT TIME WITH MOM/DAD
- GUIDANCE IN \_\_\_\_\_.



EMOTION WORDS: EXCITED, GRUMPY,  
CONFIDENT, OVERWHELMED, HOPEFUL,  
GUILTY, EXHAUSTED, SCARED, LONELY

## GROWING YOUR MIND

CHOOSE A DIFFERENT ONE THROUGHOUT THE WEEK

● READ FOR 30 MINUTES

● MATH WORKSHEET

● JOURNAL PROMPT

● STEM ACTIVITY

● \_\_\_\_\_



## GROWING YOUR BODY

PLAY OUTSIDE FOR AN HOUR:

- EXERCISE
- RIDE BIKE
- GO FOR A RUN
- BE CREATIVE

