

# Do This First

## BEFORE ELECTRONICS CHECKLIST

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- Make your bed
- Brush your teeth
- Get dressed
- Eat something healthy
- Workout for 15 minutes
- Read for 20 minutes
- Do something outside
- Do something creative
- Clean something up
- Help someone in your family
- Learn something new

NOW YOU MAY ASK FOR ELECTRONICS!

[lifeandhomeschool.com](http://lifeandhomeschool.com)

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