

Life Skills Tracker

Making Learning Meaningful.

LEARN TODAY. GROW TOMORROW.

KITCHEN SKILLS

	M	T	W	T	F	S	S
Measuring ingredients	☐	☐	☐	☐	☐	☐	☐
Reading a recipe	☐	☐	☐	☐	☐	☐	☐
Kitchen safety	☐	☐	☐	☐	☐	☐	☐
Setting the table	☐	☐	☐	☐	☐	☐	☐
Washing dishes	☐	☐	☐	☐	☐	☐	☐
Basic meal prep	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

MONEY MANAGEMENT

	M	T	W	T	F	S	S
Counting money	☐	☐	☐	☐	☐	☐	☐
Making change	☐	☐	☐	☐	☐	☐	☐
Saving vs. spending	☐	☐	☐	☐	☐	☐	☐
Creating a budget	☐	☐	☐	☐	☐	☐	☐
Needs vs. wants	☐	☐	☐	☐	☐	☐	☐
Earning money	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

GARDENING & PLANT CARE

	M	T	W	T	F	S	S
Plant life cycle	☐	☐	☐	☐	☐	☐	☐
Growing vegetables	☐	☐	☐	☐	☐	☐	☐
Composting	☐	☐	☐	☐	☐	☐	☐
Watering schedules	☐	☐	☐	☐	☐	☐	☐
Pollinators	☐	☐	☐	☐	☐	☐	☐
Harvest journals	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

HOUSEHOLD RESPONSIBILITIES

	M	T	W	T	F	S	S
Laundry	☐	☐	☐	☐	☐	☐	☐
Folding clothes	☐	☐	☐	☐	☐	☐	☐
Sweeping & mopping	☐	☐	☐	☐	☐	☐	☐
Organizing a room	☐	☐	☐	☐	☐	☐	☐
Making the bed	☐	☐	☐	☐	☐	☐	☐
Cleaning routines	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

TIME MANAGEMENT & ORGANIZATION

	M	T	W	T	F	S	S
Using a planner	☐	☐	☐	☐	☐	☐	☐
Daily routine	☐	☐	☐	☐	☐	☐	☐
Goal setting	☐	☐	☐	☐	☐	☐	☐
Prioritizing tasks	☐	☐	☐	☐	☐	☐	☐
Packing a backpack	☐	☐	☐	☐	☐	☐	☐
Organizing supplies	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

CHARACTER & SOCIAL SKILLS

	M	T	W	T	F	S	S
Kindness	☐	☐	☐	☐	☐	☐	☐
Empathy	☐	☐	☐	☐	☐	☐	☐
Conflict resolution	☐	☐	☐	☐	☐	☐	☐
Teamwork	☐	☐	☐	☐	☐	☐	☐
Gratitude	☐	☐	☐	☐	☐	☐	☐
Good sportsmanship	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

HEALTH & SAFETY

	M	T	W	T	F	S	S
Basic first aid	☐	☐	☐	☐	☐	☐	☐
Personal hygiene	☐	☐	☐	☐	☐	☐	☐
Healthy eating	☐	☐	☐	☐	☐	☐	☐
Emergency contacts	☐	☐	☐	☐	☐	☐	☐
Fire safety	☐	☐	☐	☐	☐	☐	☐
Internet safety	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

BASIC HOME MAINTENANCE

	M	T	W	T	F	S	S
Use simple tools safely	☐	☐	☐	☐	☐	☐	☐
Changing batteries	☐	☐	☐	☐	☐	☐	☐
Sorting recycling	☐	☐	☐	☐	☐	☐	☐
Watering plants	☐	☐	☐	☐	☐	☐	☐
Organizing a workspace	☐	☐	☐	☐	☐	☐	☐
Simple repairs	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

COMMUNITY & CITIZENSHIP

	M	T	W	T	F	S	S
Thank-you notes	☐	☐	☐	☐	☐	☐	☐
Volunteering	☐	☐	☐	☐	☐	☐	☐
Library etiquette	☐	☐	☐	☐	☐	☐	☐
Voting (mock elections)	☐	☐	☐	☐	☐	☐	☐
Respect public spaces	☐	☐	☐	☐	☐	☐	☐
Local government	☐	☐	☐	☐	☐	☐	☐

NOTES: _____

SKILLS I WANT TO LEARN NEXT

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

I am brave · I am curious · I can do hard things!

Learning Together. Growing Together.