



Prepare for the First Day of School



Back-to-School Countdown

What can you do to spread out the prep and planning—and avoid last-minute stress?



1 month before school starts

Two columns of horizontal lines for notes, corresponding to the 1-month period.



1 week before school starts

Two columns of horizontal lines for notes, corresponding to the 1-week period.



1 night before school starts

Two columns of horizontal lines for notes, corresponding to the 1-night period.



Backpack Checklist

for: _____

for: _____

remember to pack

remember to pack

- Vertical list of 15 empty checkboxes for the first checklist.

- Vertical list of 15 empty checkboxes for the second checklist.



Morning Checklist

streamline a hectic morning with a quick list

Two columns of horizontal lines for notes, corresponding to the morning checklist.



Now that you're ready for school to start, pop these lists into Cozi so you can check them off every day. Scan the QR code to open Cozi.





Essential School Details



School Contact Info

school name	contact info (phone / email)



Schedule for _____

(school name or student name)

day	transportation method	time to leave the house	drop off time or bus stop time	school start time (morning bell)	school end time (afternoon bell)	pick up time or bus stop time
mon						
tue						
wed						
thu						
fri						



Schedule for _____

(school name or student name)

day	transportation method	time to leave the house	drop off time or bus stop time	school start time (morning bell)	school end time (afternoon bell)	pick up time or bus stop time
mon						
tue						
wed						
thu						
fri						



Emergency Contacts

name	relationship	when to call	phone number




After School Plans

where, when, contact info, etc.



Medical Contacts

provider name	phone number


 Open Cozi to view your calendar, set reminders and more.





Back-to-School Family Meeting



Step 1: Pick a date:

(Now add it to your Cozi calendar so everyone gets a reminder!)

Step 2: Use these questions to start a conversation, then jot down the top answers in the spaces below.

Step 3: Open Cozi to create lists and plans inspired by your discussions.



What's one thing you want to repeat from last year?

What worked well last year (or over the summer!), and how can you carry it forward into this year?



How will we connect as a family this year?

Ideas: family dinners, game nights, long walks, or anything that the whole family can enjoy.



What's most important to you this school year?

Write down your family's top priorities and goals to help everyone start the school year with a clear focus.

Step 4: Plan some dates for future Family Meetings:

(Meanwhile, glance at this page every now and then to stay on track.)



Open Cozi to create lists and plans inspired by your discussions and set up your next family event in the Calendar. Scan the QR code to open the app.

