



PARENT TOOLKIT

Homework Routine Planner

A simple daily reset to decide what matters first, get started, and finish ready for tomorrow.

Date: _____

Today's energy: ■ Low ■ Okay ■ Ready

1. Before I start

■ Check where assignments are posted	■ Gather what I need
■ Put distractions away	■ Choose a realistic stopping time

2. My top 3

Priority	What I need to do	Time	Done
1			■
2			■
3			■

3. My work plan

Task / subject	First tiny step	Start	Finish

4. Backpack + tomorrow reset

■ Submit / upload completed work	■ Pack books, papers, device + charger
■ Check tomorrow's schedule	■ Put needed items in my bag / by the door

5. Quick win

One thing I handled well today: _____

One thing that would make tomorrow easier: _____

Need a routine that fits your student's brain? NeuroBridge helps students build personalized systems for planning, organization, time management, and independence.

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