





















































































I Can Checklist Inventory...































Name:































Date(s) completed:


























Activity	Yes (I can do this without assistance/help) 	Sometimes (I need assistance/help/with support) 	No 
I can get up in the morning by myself.		Help Support 	
I can make my bed by myself.		Help Support 	
I can fix my own breakfast.		Help Support 	
I can pick out my own clothes.		Help Support 	
I can put on my clothes by myself.		Help Support 	
I can get myself to my bus.		Help Support 	
I can take public transportation (bus, taxi, Uber/Lyft) by myself.		Help Support 	

I can pay for things at a store.		Help Support 	
I can order my own food at a restaurant.		Help Support 	
I can call my home on the phone.		Help Support 	
I can call my school/teacher when I will be absent.		Help Support 	
I can make my own after-school snack.		Help Support 	
I can clean my own bedroom.		Help Support 	
I can wash my own dishes.		Help Support 	
I can pack my own lunch.		Help Support 	
I have a bank account.		Help Support 	
I have and can use a debit/credit card.		Help Support 	

I know how to cash/deposit a check.		Help Support 	
I know how to deposit and withdraw money from the bank/credit union.		Help Support 	
I can do my chores at home.		Help Support 	
I can do/style my hair daily.		Help Support 	
I can go to the hair salon/barber shop on my own.		Help Support 	
I can wash my hair.		Help Support 	
I can take a shower without being asked.		Help Support 	
I have a state ID/driver's license.		Help Support 	
I can shop for food at the grocery store.		Help Support 	
I can shop for my own personal products (ex. Toothpaste, deodorant, shampoo, etc.) at the store.		Help Support 	

I can shop for my own clothes.		Help Support 	
I know my clothes size and shoe size.		Help Support 	
I can use the internet.		Help Support 	
I can send and receive emails.		Help Support 	
I can take care of my pets.		Help Support 	
I can keep up with the news.		Help Support 	
I know how to check the daily weather.		Help Support 	
I brush my teeth every day.		Help Support 	
I can pack up my bag/purse daily.		Help Support 	
I can call my friends/family on the phone.		Help Support 	

I know my address.		Help Support 	
I know my telephone number.		Help Support 	
I can use the microwave.		Help Support 	
I can use the stove. (Turn it on to use and turn it off when I am finished.)		Help Support 	
I can do my own laundry.		Help Support 	
I can address an envelope.		Help Support 	
I know the 4 main coins and their value.		Help Support 	
I know the dollar bills and their value.		Help Support 	
I can tell the time to the hour.		Help Support 	
I can tell time to the ½ hour.		Help Support 	

I can tell time to ¼ hour.		Help Support 	
I can tell time to the 5 minutes.		Help Support 	
I can make change with money.		Help Support 	
I can cross a street without assistance.		Help Support 	
I know the resources in my community such as: the grocery store, library, gas stations, bus stop, etc.		Help Support 	
I know how and when to call 911.		Help Support 	
I can follow directions.		Help Support 	
I treat others with kindness and respect.		Help Support 	
I know safety words/signs and what they mean.		Help Support 