

Home

Take care of the little things, one check at a time.

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- ☐ Test smoke alarms and replace batteries as needed
 - ☐ Check carbon monoxide detectors
 - ☐ Replace HVAC filters
 - ☐ Schedule heating and cooling system service
 - ☐ Inspect the water heater for leaks
 - ☐ Clean dryer lint trap and exhaust vent
 - ☐ Check under sinks and around toilets for leaks
 - ☐ Test GFCI outlets in kitchen and bathrooms
 - ☐ Inspect windows and doors for drafts
 - ☐ Clean refrigerator coils and check seals
 - ☐ Review home or renters insurance coverage
 - ☐ Locate and label the main water shutoff
 - ☐ Review your emergency kit and supplies
 - ☐ Back up important documents and photos
 - ☐ Check fire extinguishers and expiration dates
 - ☐ Replace burned-out bulbs and check exterior lights
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Auto

Take care of the little things, one check at a time.

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- ☐ Check tire pressure, including the spare
 - ☐ Inspect tire tread and uneven wear
 - ☐ Schedule an oil and filter change
 - ☐ Check engine coolant level
 - ☐ Top up windshield washer fluid
 - ☐ Inspect wiper blades and replace if worn
 - ☐ Check headlights, brake lights, and turn signals
 - ☐ Test the battery and clean terminals
 - ☐ Inspect brakes at the next service visit
 - ☐ Check the cabin air filter
 - ☐ Review registration renewal date
 - ☐ Review auto insurance renewal date
 - ☐ Keep roadside assistance information handy
 - ☐ Restock the vehicle emergency kit
 - ☐ Check the owner's manual for scheduled service
 - ☐ Clean interior and remove unnecessary weight
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Health

Take care of the little things, one check at a time.

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- ☐ Schedule an annual primary care visit
 - ☐ Book a dental cleaning
 - ☐ Schedule an eye exam if due
 - ☐ Review recommended vaccinations
 - ☐ Refill prescriptions before they run out
 - ☐ Check expiration dates on medicine
 - ☐ Update your medication and allergy list
 - ☐ Review health insurance renewal details
 - ☐ Schedule age-appropriate screenings with a clinician
 - ☐ Restock first-aid supplies
 - ☐ Save emergency contacts in your phone
 - ☐ Check fitness or movement goals
 - ☐ Plan a few balanced meals for the week
 - ☐ Review sleep habits and bedtime routine
 - ☐ Schedule a mental health check-in
 - ☐ Replace worn toothbrushes and personal care items
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Yard

Take care of the little things, one check at a time.

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- ☐ Clear leaves and debris from gutters
 - ☐ Inspect and clean downspouts
 - ☐ Check trees for damaged or overhanging branches
 - ☐ Trim shrubs away from siding and walkways
 - ☐ Inspect fences and gates for damage
 - ☐ Check outdoor faucets and hoses for leaks
 - ☐ Test irrigation or sprinkler system
 - ☐ Clear drains and standing water
 - ☐ Clean and store outdoor furniture as needed
 - ☐ Inspect deck boards and railings
 - ☐ Check exterior steps and walkways for hazards
 - ☐ Plan seasonal lawn care
 - ☐ Weed planting beds and add mulch if needed
 - ☐ Check outdoor lighting and replace bulbs
 - ☐ Clean and service yard tools
 - ☐ Prepare plants and hoses for seasonal weather
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