

Launch Readiness Checklist

The everyday skills a young person needs before living independently. Rate each line, pick two or three to work on, and re rate every month or two. Date each copy so you can see progress.

Name _____

Date _____

How to rate: N = not yet. H = with help. O = on my own (done more than once without anyone reminding or stepping in). Nobody is expected to have every line at O by 18; many people build these skills well into their twenties.

DAILY LIVING

N H O

Wake up on time with my own alarm, without being woken by someone else.	☐	☐	☐
Do a full load of laundry: sort, wash, dry, fold and put away.	☐	☐	☐
Plan and cook at least five simple meals.	☐	☐	☐
Make a grocery list and shop within a set amount.	☐	☐	☐
Keep my room or space clean enough to find what I need.	☐	☐	☐
Clean a kitchen and a bathroom properly.	☐	☐	☐
Keep a calendar or planner and check it daily.	☐	☐	☐

MONEY

N H O

Open and use a checking and savings account.	☐	☐	☐
Check my balance and recent transactions at least weekly.	☐	☐	☐
Build and follow a simple monthly budget.	☐	☐	☐
Pay a bill on time, and set up autopay where it makes sense.	☐	☐	☐
Understand how a credit card works, including interest and minimum payments.	☐	☐	☐
Read a pay stub and know what the deductions are for.	☐	☐	☐
Spot a common scam text, email or call and know not to respond.	☐	☐	☐
Save toward something specific and reach it.	☐	☐	☐

HEALTH AND APPOINTMENTS

N H O

Schedule, reschedule and cancel my own doctor or dentist appointment.	☐	☐	☐
Carry my health insurance card and know what it is for.	☐	☐	☐
Fill out a basic medical intake form with my own history.	☐	☐	☐
Know which medications I take, what they are for and how to request a refill before I run out.	☐	☐	☐
Know the difference between urgent care, an emergency room and a regular appointment.	☐	☐	☐
Keep a basic first aid kit and know what is in it.	☐	☐	☐
Keep a regular sleep schedule most days of the week.	☐	☐	☐

WORK

N H O

Write a simple resume and keep it updated.	☐	☐	☐
Fill out a job application and follow up on it.	☐	☐	☐
Prepare for an interview and show up early.	☐	☐	☐
Communicate with a manager about schedule changes or sick days.	☐	☐	☐
Show up reliably for every scheduled shift.	☐	☐	☐
Read and understand my schedule, pay and basic workplace rules.	☐	☐	☐

SCHOOL

N H O

Track my own assignments and deadlines without reminders.	☐	☐	☐
Email a teacher or professor clearly and politely.	☐	☐	☐
Ask for help before I am behind, not after.	☐	☐	☐
Know where to find academic support and how to sign up for it.	☐	☐	☐
Register for classes or complete required forms on my own.	☐	☐	☐

HOME AND CAR

N H O

Know how to shut off the water and find the breaker box.	☐	☐	☐
Unclog a drain and plunge a toilet.	☐	☐	☐
Report a maintenance problem to a landlord or building manager.	☐	☐	☐
Read a lease before signing and know what I am agreeing to.	☐	☐	☐
Pump gas, check tire pressure and add washer fluid.	☐	☐	☐
Know what to do after a minor car accident.	☐	☐	☐
Use public transit or plan a route without a car.	☐	☐	☐

RELATIONSHIPS AND COMMUNICATION

N H O

Make a phone call to a business or office without a script from someone else.	☐	☐	☐
Say no politely and hold to it.	☐	☐	☐
Work out a disagreement with a roommate, coworker or friend.	☐	☐	☐
Keep in touch with family and friends on my own initiative.	☐	☐	☐
Ask an adult I trust for advice when I am stuck.	☐	☐	☐
Apologize and repair things after a mistake.	☐	☐	☐

SAFETY AND DOCUMENTS

N H O

Know where my birth certificate, Social Security card, passport and insurance information are kept, and who to ask if something is missing.	☐	☐	☐
Carry a valid photo ID.	☐	☐	☐
Keep important phone numbers saved somewhere other than my phone.	☐	☐	☐

Use strong, separate passwords and turn on two step login for email and banking.	☐	☐	☐
Know what to do if I lose my wallet or phone.	☐	☐	☐
Have a plan for getting home safely late at night.	☐	☐	☐

SKILLS TO WORK ON NEXT

1 Skill: _____	First practice by _____
2 Skill: _____	First practice by _____
3 Skill: _____	First practice by _____