



MY MORNING ROUTINE

Name: _____ Week of: _____

I did it!	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Wake up on time	☐	☐	☐	☐	☐	☐	☐
 Make my bed	☐	☐	☐	☐	☐	☐	☐
 Brush my teeth	☐	☐	☐	☐	☐	☐	☐
 Get dressed	☐	☐	☐	☐	☐	☐	☐
 Eat breakfast	☐	☐	☐	☐	☐	☐	☐
 Pack my bag	☐	☐	☐	☐	☐	☐	☐

★ Check every box today? You're a morning superstar! ★



MY BEDTIME ROUTINE

Name: _____ Week of: _____

I did it!	Mon	Tue	Wed	Thu	Fri	Sat	Sun
 Tidy up my toys	☐	☐	☐	☐	☐	☐	☐
 Bath or shower	☐	☐	☐	☐	☐	☐	☐
 Brush my teeth	☐	☐	☐	☐	☐	☐	☐
 Put on pajamas	☐	☐	☐	☐	☐	☐	☐
 Story time	☐	☐	☐	☐	☐	☐	☐
 Lights out on time	☐	☐	☐	☐	☐	☐	☐

🌟 Sweet dreams, superstar! 🌟