alpacto

Morning & Bedtime Routine Chart

Write your own steps, in your own order. Made for ages 7 to 12.

Name	Week of	Wake up at	Lights out at

Morning

Time	Step	Done
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Bedtime

Time	Step	Done
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐
		☐

Whole routine done

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning	◯	◯	◯	◯	◯	◯	◯
Bedtime	◯	◯	◯	◯	◯	◯	◯

Check each step as you do it. Circle the day when every step is done. Tomorrow starts fresh.

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