



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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