



CHILD'S NAME _____

MORNING ROUTINE CHART

ACTIVITIES TO JUMPSTART THE BUSY DAY AHEAD

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
✓ Use the Potty & Wash Your Hands							
✓ Brush Your Teeth							
✓ Eat Your Breakfast							
✓ Put Your PJs in the Laundry							
✓ Get Dressed & Brush Your Hair							
✓ Put On Your Shoes							

HOPE YOU HAVE A GREAT DAY!



CHILD'S NAME _____

EVENING ROUTINE CHART

HEALTHY HABITS TO PREPARE FOR BEDTIME

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
✓ Eat Your Dinner							
✓ Clean Up Your Toys							
✓ Take a Bath & Put On Your PJs							
✓ Use the Potty & Wash Your Hands							
✓ Brush Your Teeth							
✓ Read Your Bedtime Stories							

GOOD NIGHT... SLEEP TIGHT!