Morning and Bedtime Checklist

Check each step every day of the week.

Name _____ Week of _____

Morning

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Wake up and stretch	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
Get dressed	☐	☐	☐	☐	☐	☐	☐
Breakfast	☐	☐	☐	☐	☐	☐	☐
Backpack ready	☐	☐	☐	☐	☐	☐	☐

Bedtime

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Bath or wash up	☐	☐	☐	☐	☐	☐	☐
Pajamas on	☐	☐	☐	☐	☐	☐	☐
Brush teeth	☐	☐	☐	☐	☐	☐	☐
Read a book	☐	☐	☐	☐	☐	☐	☐
Lights out	☐	☐	☐	☐	☐	☐	☐

Color the pictures, then check a box for each step you do. My best day this week was

_____