

FAMILY BEDTIME SCHEDULE

TIME

ACTIVITY / ROUTINE

DONE

6:30 PM

Screens off & tidy up toys

6:45 PM

Bath time & pajamas

7:15 PM

Brushing teeth & hygiene

7:30 PM

Story time / Quiet reading

7:45 PM

Gratitude sharing / Prayer

8:00 PM

Lights out / Sleep

REMINDERS & GOALS