

BEDTIME STARS

My Nightly Routine

Name: _____ Week of: _____

Task	M	T	W	T	F	S	S
------	---	---	---	---	---	---	---

? Bath Time

PJ Put On Pajamas

? Brush Teeth

? Story Time

? Stay in Bed

Notes / Special Moments:

WEEKLY GOAL REWARD _____