

MORNING SEQUENCE

NAME: _____ WEEK OF: _____

Wake up & Make Bed

M
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W
T
F

Brush Teeth & Wash Face

M
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W
T
F

Get Dressed & Hair

M
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W
T
F

Eat Healthy Breakfast

M
T
W
T
F

Pack Backpack & Lunch

M
T
W
T
F

Shoes On & Out the Door

M
T
W
T
F

"The secret to getting ahead is getting started."